

THE MIRROR NS MAYPORT, FLORIDA

CHINFO Award Winner

Vol. 52 • Issue 8

www.nsmayport.navy.mil

www.mayportmirror.com

THURSDAY, February 26, 2009



Ferry Outage Extended

The St. Johns River Ferry will be out of service longer than originally anticipated.

During recent routine maintenance, the team working on the Jean Ribault uncovered the need for unexpected in-depth repairs to the vessel. This extensive work will help ensure the safety and reliability of the ferry into the future.

At this time, JAXPORT anticipates ferry service resuming the first week in March rather than the last week in February. I will provide the exact date/time of the restarting of the service as the repair and maintenance work progresses. Ferry service was suspended as planned for required maintenance on Feb. 5.

'Angry Beavers' Start Workups

Helicopter Anti-submarine Squadron Light 42, Detachment Eight 'Angry Beavers' are currently at sea as part of a one month work-up period aboard USS Carr (FFG 52).

While underway, Detachment Eight will conduct extensive training to prepare for a six month deployment to the South American coast.

The 'Angry Beavers' are composed of one SH-60B Seahawk helicopter, five pilots, two aircrewmen, and 16 maintainers.

Detachment Eight, led by Lt. Cmdr. Jaesen Yerger and Chief Aviation Electrician's Mate Brian Rubottom, will be an independent deployer to the Caribbean under the command of the newly formed U.S. Fourth Fleet. Employing the latest technology, the 'Angry Beavers' will utilize forward-looking infrared (FLIR) and night vision devices as they conduct a wide range of missions. They expect to conduct maritime interdiction and surveillance operations as part of U.S. counter narcotics terrorism efforts. The 'Angry Beavers' return home to Mayport in early October.

Make ID Appointments Online

By Paige Gnann

The Mirror editor

Need to renew your Military ID card and don't feel like waiting in line? Avoid the hassle by making an appointment with PSD Mayport online.

PSD Mayport is now scheduling appointments for active duty military, reservists, retirees and dependents through <https://es.cac.navy.mil>, according to Personnel Specialist 1st Class Gregorio Roble, ID card supervisor for the detachment.

Customers can go to the website, scroll down to PSD Mayport on the list and set up an appointment time and date from the list of available appointments. This site will also allow customers to look up, cancel or change appointments.

Twenty appointment slots are available each day, Roble said. PSD will still take walk-ins, but customers with appointments will take priority.

The move to the online appointment system is a part of the Department of Defense's Identification card initiatives to streamline the ID card process and reduce the workload at ID card issuance sites, according to a memo from the DoD Human Resources Activity defense Manpower Data Center.

Roble said customers without access to a computer can call 270-7614 ext. 300 to schedule an appointment.

PSD Mayport, located at Building 298, is open 7 a.m.-5 p.m., Monday-Friday and 7-11:30 a.m., Saturday.



Personnel Specialist 1st Class Gregorio Roble of PSD Mayport looks over the new online ID appointment site. PSD Mayport is now scheduling appointments for active duty military, reservists, retirees and dependents through <https://es.cac.navy.mil>.

-Photo by Paige Gnann

MCPON West Visits Mayport



Master Chief Petty Officer of the Navy Rick West signs a tile at the Chief Petty Officer Foc'sle Club last week. West visited USS Simpson and USS De Wert, along with Branch Health Clinic Mayport before visiting the different departments of Naval Station Mayport. West's signature joins all the other former MCPONS and the tile is featured at the club.

-Photo by MC1 Heather Ewton

SRB Award Levels Changed

By MC2(AW)
La Tunya Howard

Navy Personnel Command Public Affairs

The Navy announced revised selective re-enlistment bonus (SRB) rates Feb. 18 in NAVADMIN 050/09.

"We adjust SRBs as a retention incentive to provide the critical skills needed in the fleet," said Vice Adm. Mark Ferguson, chief of naval personnel. "We're experiencing great retention in nearly all zones and NECs (Navy Enlisted Classifications) and we've adjusted SRB levels in response to this change in behavior."

"While not every Sailor qualifies for a SRB, all Sailors are important to the successful execution of Navy missions," added Ferguson.

The new message approves 35 increases in SRBs, many in the nuclear field, and 412 decreases.

The increased award levels are effective immediately and decreased levels are effective March 11. These award levels are continually reviewed and evaluated. This NAVADMIN supersedes NAVADMIN 240/08.

The SRB Program enhances the Navy's ability to size, shape and stabilize the force by using a monetary incentive to encourage Sailors with critical skills the Navy needs most to reenlist. SRB is a market-based incentive allowing the Navy to strategically adjust award levels as retention needs dictate.

The Navy announced changes to the SRB policy earlier this year which allows Sailors to reenlist early for SRB as long as they are within 90 days prior to their expiration of active obligated service (EAOS) and within the current fiscal year of their EAOS.

A Sailor whose SRB award level decreases or is removed is eligible to re-enlist in the first 30 days following release of a new SRB award plan only if

their hard EAOS is within 90 days of the effective date of the message. In the case of NAVADMIN 050/09 this date is calculated to be May 09, 2009.

"By reducing the time frame for SRB reenlistment, the Navy can better project and manage end strength while continuing to provide incentive to Sailors with critical skills and valuable experience to stay Navy," said Jeri Busch, head, military pay and compensation policy branch for the chief of naval personnel.

The policy change is part of an overall effort to stabilize the force at about 329,000 active duty Sailors by the end of this fiscal year.

Some other requirements under the SRB policy include:

- * All SRB reenlistment requests must be submitted 35-120 days prior to the requested reenlistment date.

- * SRB requests submitted less than 35 days in advance of the requested date of reenlistment may be rejected.

- * Sailors who are eligible for combat zone tax exclusion (CZTE) and have an EAOS that falls in the current fiscal year are exempt from the 90 day policy and may re-enlist early for SRB outside of the 90 day window as long as they are eligible for CZTE at the time of re-enlistment. These Sailors along with command career counselors must annotate in the remarks section of the pre-certification request whether they are currently CZTE eligible.

"All rates and NECs were extensively analyzed for bonus levels, and the corresponding increases and reductions were not taken lightly," concluded Ferguson.

To read NAVADMIN 050/09 visit <http://www.npc.navy.mil/NR/rdonlyres/DAAC9CCAD F 9 7 - 4 F B 4 - A B 1 1 - 5481E01A576D/0/NAV09050.txt>.

Digital Signature On E-mail Required

By MC2(SW)
Christopher Koons

Naval Network Warfare Command Public Affairs

The Department of Defense has implemented a policy requiring employees to digitally sign all e-mails containing a link or an attachment Feb. 12.

A digital signature is also required for any e-mail that provides direction or tasking, requests or responds to requests for resources, promulgates organization position, discusses any operational matter, discusses contract or finance matters, or discusses personnel management matters. The need exists to ensure that the originator is the actual author and that the e-mail was not tampered with in transit.

The policy, which was updated for the Navy in September 2008, applies to all unclassified e-mail sent from a DoD-owned,

operated or controlled system or account to include desktops, laptops, and personal electronic devices such as BlackBerrys.

"It ensures that the information from links and attachments comes from a trustworthy source," said Lt. Cmdr. Damen Hofheinz, U.S. Fleet Forces deputy for Information Assurance. "For example, if an e-mail contains a link, you need to know that it leads you to a valid web site."

A digital signature is a "stamp" on an e-mail, which is unique to the user and provides an accurate means of identifying the originator of a message. Its toolbar icon is an envelope with a red seal on top. A digital signature assures the recipient that the original content of the message or document is unchanged. It also provides the sender with proof of delivery and the recipient with proof of the sender's

identity and reassurance that the e-mail's originator is its actual author.

Some e-mails require added protection in the form of the encryption key, which, like the digital signature key, has an envelope icon but has a blue lock rather than red seal on it. Navy policy requires encryption of all e-mails that contain Privacy Act Information (PII), Health Insurance Portability and Accountability Act Information, contract information, classified as 'for official use only' (FOUO) or that may serve as an OPSEC indicator.

"If you send an e-mail which contains Personally Identifiable Information (PII) such as your social security number or if the message is for official use only (FOUO), you need to encrypt as well as digitally sign it," Hofheinz said. "Encryption provides an extra level of protec-

tion."

Encrypting e-mail is made much easier when personnel publish their certificates to the global address list (GAL). This can be accomplished in Outlook by opening the "Tools" menu then selecting "Options." On the "Security" tab there is a "Publish to GAL" button. Clicking on this button will ensure that other users on the network can send encrypted e-mail back to the originator.

"It is one part of our overall Public Key Infrastructure (PKI) implementation, which is designed to prevent bad guys from accessing information we send over the Internet," said Hofheinz.

For more information on the military's digital signature/encryption policy, visit <https://www.infosec.navy.mil/PKI>.

If you haven't driven down Moale Avenue lately, you need to take an alternate exit out of the base and check out the new housing development near Lake Wonderwood.

We are in the process of finishing up about 50 new homes and the first lucky occupants will move in the first part of April.

Watch for an announcement of an open house so everyone can come and look at what is behind the green fence. Following those 50 homes will be two more phases for a total of about 150 new single occupancy homes on base in Bennet Shores East.

Bennet Shores West has been undergoing renovation and additions for several months with every duplex either getting and addition or complete



Capt. Aaron Bowman

renovation. Off base housing at Ribault is undergoing renovation with every quadplex being leveled and replaced by new duplexes.

It gives me great pleasure to see the quality of life improving here every day.

The City of Jacksonville is sponsoring a military only "Project Little Feet" for all expectant parents on March 22 at Metropolitan Park from 1-4 p.m.

They will be giving away cribs, strollers, gift certificates, free food, entertainment, and every expectant mother will walk away with free samples from 25 retailers + baby bottles + diapers. Look for advertisements in the Mirror or contact your Ombudsman for information. You need to register before March 1.

Rating exams begin March 5, 12 and 19. There really isn't anything I can think of that makes me prouder than to shake the hand of a Sailor with another chevron on his or her shirt.

Making rate is increased responsibility, more cash in

your wallet, and a chance to lead others to do the same. If you haven't been in the books by now, you are going to fall short on the exams.

Take pride in your career (I know you do) and make rate. I will be looking forward to the award ceremony and hopefully many Sailors to personally congratulate.

If you have been watching all of the NAVADMINS coming out lately like I have, you should agree with me that with this Economy, a lot more people want in the Navy than we have spots. Please do your part to make sure you get to keep that spot.

On March 18, our Navy Fleet and Family Support centers will host a Navy Tri-base job fair at Jacksonville's Morocco Shrine Center.

National and local companies will be there, and this is an excellent opportunity for separating, retiring, or retired service members to get a feel of what is out there for employment.

It doesn't matter if you are completing four years or 30, sooner or later you have to make the transition and job fairs are a great way to experience a look at what could be next after your service to our country. For more information contact our FFSC at 270-6600 ext. 1709.

Thanks again to everyone for bringing your talent and dedication through those gates every morning. I haven't gotten any complaints from Hanna Park or from our Mayport residents in having difficulties getting in and out of the base through the Hanna Park gate. Thanks for making it work.

Last week MCPON Rick West paid us a visit, and he took the opportunity to meet with several of you first hand and was very impressed with the pride and professionalism that seems to be in the water out here. YOU are the reason that this is the best base in the Navy as far as I'm concerned, and I thank you for that.

Please keep an eye out while you go through your day and don't hesitate to let me know if you see a better (or safer way) to do business around the base.

Your concerns are my concerns, so keep those suggestions rolling in to the CO's suggestion box located at the base galley, or email them to aaron.bowman@navy.mil

Homefront in Focus

By Beth Wilson

Military Spouse Contributor

Tabitha's hours were cut. Melanie lost her job to workforce reduction. Tiffany PCS'd with her husband and cannot find a job. Her income is sorely missed. Jason and Kate PCS'd. They owned their home in Norfolk and could not sell it prior to PCS'ing. Now they are paying a mortgage and rent. How are your finances? While our service members may be secure in their job, how secure is yours?

More than ever it is important to "pay yourself" first. Pay myself? Yup, pay ourselves... as in savings. There is a DoD supported initiative you should

know about. Dana Ross, FFSC San Diego offers, "When we encounter hard times we can ride them out when we have savings. Military Saves is an effort to change our [military] culture, to change the cycle of debt and start a cycle of wealth through savings. It is about the health of our military families."

Logon to www.militarysaves.org to find out more. You can join Military Saves to receive outstanding resources, information and support. You will find tools to help you establish a spending plan, reduce debt, and build wealth. You are encouraged to join the pledge to make wealth through savings and establish savings goals - and

there are opportunities to volunteer to help others.

While Military Saves is supported by the DoD, it is not a DoD driven initiative. It is voluntary and confidential and you will never, ever be asked to purchase anything. But, you WILL get support, reliable information and strategies to build wealth.

On last week's show [internet talk show for spouses www.blogtalkradio.com/nht] we discussed building a savings. Many listeners said their budget is so tight there isn't room for savings. Our panel tackled this challenge with several tips:

Utilize resources to develop a spending plan. 'Fresh eyes' often find room to adjust your

spending plan. FFSC offers confidential financial counseling as does the Army Relief Society and the Navy/Marine Corps Relief Society. Military One Source also offers financial planning assistance. They are holding two finance webinars this week (www.militaryonesource.com).

We will receive approximately \$26 per month in tax cuts - direct it immediately to a new savings account.

Use coupons and redirect the savings to an account.

Cut out one Starbucks coffee per week and you will save \$150 per year. One less soda per week will save \$100.

Check out your base/installa-

tion banks (armed forces member banks and credit unions) for special opportunities for high interest bearing savings accounts in partnership with Military Saves.

Check out USAA (www.usaa.com) for information and their recent webinar, "Tax strategies for now and the future."

Tia from Hawaii tells how saving money changed their marriage. "We were in debt and strapped and no savings. We fought all the time. Darrell said "We are going to get out of debt and start saving. I want to pay cash from now on. I laughed but he was serious." We started by cutting 'little extras' and putting that money in a jar with change

from our pockets and purses. Once a month we put that money in our savings account. We put our credit cards in the freezer. I started using coupons. We started paying cash for everything. Nine months later my car broke down. For the first time in our nine years of marriage we had the money in savings to pay cash for the repairs. WOW!" I hated it at first but now I love having money for necessities and luxuries - in the bank. And our marriage has never been better!

Contact Beth at beth@homefrontinfocus.com. Check out Beth's internet talk show for military spouses at www.blogtalkradio.com/nht.

Tax Man

By Bob Johnson

VITA Mayport

Taxman is back. The following are the ten most asked questions this tax season. Pearls of tax wisdom to follow.

1. How can I take a deduction for the losses I have on my stock?

Answer: You cannot take a loss on your stock until you have sold them. Up until that time, you haven't occurred a loss, only an adjustment to the current value of the stock. If and when it starts rebound and you sell, your loss or gain is determined by the cost and the selling price.

2. Does the Stimulus Money that I received last year effect my tax return?

Answer: No. It has no effect but you must report the amount that you received to ensure that you have a speedy return of your refund. If you report the wrong amount, it could delay the processing of your tax return.

3. What is the most important change in the 2008 tax law that I can receive a benefit from this year?

Answer: There are several. First, if you do not itemize your deductions and you have property that you pay taxes on, they amount of the property taxes may be added to your standard deductions but limited to \$500 for single filers or \$1,000 for joint filers but may not exceed the amount of the property tax. Also, there is the first time home owner. You can receive a large credit up to \$7,500. You should check into this credit before you purchase your home.

4. What is this Mortgage Insurance I hear about?

Answer: This year, if you are required to pay for mortgage insurance on your home, and you are itemizing instead of

taking the standard deduction, you may take it as an itemized deduction on Schedule A.

5. What if I am unable to pay the full amount of the tax owed?

Answer: There are several things you can do. First, you must always file your tax return by the due date or there can be additional penalties and interest added to the bill. Go ahead and file the tax return. You can file the return with Form 9465 and request for a payment agreement.

By doing this, you can always set the amount that you can pay. There is a fee for setting up an agreement, so at times, it may be better to pay all you can when you file and save up for the rest when you get the bill. Remember, if the tax isn't paid in full by April 15, you will be liable for additional penalty and interest. Then there is the credit card. For a fee, there are companies that will assist you in borrowing the money from a credit card.

6. Are there any deductions that you may tax when you lose your job?

Answer: If you lose your job, you may take the expense for a job search is you file Schedule

A Itemize Deductions. It has its limits and you must not forget, that if you are on unemployment, it is taxable and you should have taxes withheld.

7. I loaned a friend some money when he lost his job and now he will not pay me back. Is there anything I can do?

Answer: This is a common questions and there is no direct answer. The first thing that the IRS will look at is, is it a true debt; what action did you take to collect the debt, was the person related to you. If it passes the test of being a true debt, then it may be taken as a nonbusiness debt. They are taken on your Schedule D as a short-term capital loss. Often we are asked about collection of rent. This is not considered a bad debt. A basis in a bad debt is required to be claimed. Rent owed has no basis.

8. Can I still claim my college age child on my tax return?

Answer: If you have a college age child that is living at the college, remember, they may be considered as living if you are still providing their support. If

you pay more than 50 percent of your Childs total support and they are under the age of 24, their gross income doesn't matter when claiming them on your tax return. You should alert you child, don't not file their tax return and claim their exemption for it will only cause a problem. The person that claims the exemption for the child is the only on that claim the college expenses from Form 1098T.

9. My wife is going to school full time. Can we take the Child Care expenses?

Answer: Since your wife is attending school full time and she is not working, there is still a method that you can still take some of the Child Care expenses. Since it is a work related expense and you are unable to get the credit when you are not working and you are a full time student for at least 5 months during the year, you may use \$250 per month as income in order to show income for the year. The school may be high school, colleges, universities and technical schools. You may not use schools offering courses only on the internet.

To schedule an appointment for filing your taxes, call the Mayport VITA Tax Center at 904-270-5150.



Navy Restores Paper Tests Afloat

By Lt.j.g. Richlyn Neal

Chief of Naval Personnel Public Affairs

Paper-based Excelsior College and ACT exams may now be administered afloat on ships designated as Defense Activity for Non-Traditional Education (DANTES) testing sites under new policy guidelines announced in NAVADMIN 029/09.

"This is good for the Navy because it allows Sailors to maintain their educational progress while they serve afloat," said Ann Hunter, the Navy's voluntary education (VOLED) service chief. "The Excelsior College and ACT exams are accepted by many academic institutions, and includes 53 exams testing the arts, sciences, business, education and nursing areas."

In March 2008, DANTES suspended paper-based testing for college-level examination programs across the Navy due to a loss of control of paper-based exams aboard several Navy ships. DANTES testing facilities resumed the administration of paper-based exams on shore installations only in May 2008.

Ships with full-time education service officers (ESO) may request authority to stand up a DANTES testing site. Requests to stand up a DANTES testing site will be forwarded to OPNAV N15 via the immediate superior in charge (ISIC). If the ship's request is approved, OPNAV N15 will review and submit a complete nomination package to DANTES.

DANTES sponsored tests are controlled items and require secure storage and handling. Commanding officers are responsible for the management and oversight of the DANTES-sponsored testing programs onboard their ships and should refer to the NAVADMIN for security guidance.

For more information on DANTES testing and Navy College visit www.navycollege.navy.mil.

To review NAVADMIN 029/09, visit www.npc.navy.mil.



Roman Catholic Mass

Sunday 9 a.m.
Monday-Friday 11:30 a.m.
Confessions: before & after mass or upon request
CCD: Sunday 10:30 a.m.
Baptisms: class 3rd Sunday of month

Protestant Worship

Sunday 10:30 a.m.
Sunday school 9:15 a.m.
Baptism: For information contact your chaplain

Women's Bible Study

Wednesday 9:30 a.m.

Protestant choir

Wednesday 7 p.m.

Interdenominational MOPS (Mothers of Pre-Schoolers)

1st & 3rd Tuesdays each month 9:15 a.m.

For more information contact MOPS coordinator at mayportmops@yahoo.com

Marriage

Contact Chaplain 6 months prior. PREP is required

For more information, call 1 270-5212.



Naval Station Mayport

Capt. Aaron Bowman..... Commanding Officer
Cmdr. Mike Watson..... Executive Officer
CMDCM Deborah Davidson..... Command Master Chief

Naval Station Mayport Editorial Staff

Bill Austin..... Public Affairs Officer
MC1 Heather Ewton..... Deputy Public Affairs Officer
IC2 Paul Fenn..... Assistant Public Affairs Officer
CTR2 Jaymie Brown..... Assistant Public Affairs Officer
Paige Gnann..... Editor

The Mirror is distributed without charge throughout Mayport's Navy community, including the Naval Station, on- and off-base Navy housing areas, and ships, squadrons and staffs homeported at NS Mayport. Copies are also available at the Naval Station's Public Affairs Office, Building 1, and The Florida Times-Union, 1 Riverside Avenue, Jacksonville, FL 32202.

The deadline for all submissions is Thursday at 4 p.m., one week prior to publication. News and articles should be submitted to the Public Affairs Office, or mailed to:

The Mirror

P.O. Box 280032
Naval Station
Mayport, FL 32228-0032
Commercial: (904) 270-7817 Ext. 1012 DSN: 960-7817 Ext. 1012
Commercial FAX (904) 270-5329 DSN FAX: 960-5329
Email: mayportmirror@comcast.net
CO Actionline: 270-5589 or 1-800-270-6307

This DoD newspaper is an authorized publication for members of the Department of Defense. Contents of The Mirror are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Navy. Published by The Florida Times-Union, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Station Mayport, Fla. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, U.S. Navy or The Florida Times-Union, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. The editorial content of this publication is the responsibility of the Naval Station Mayport, Fla., Public Affairs Office.



Advertisements are solicited by the publisher. Inquiries regarding advertising should be directed to:

Ellen S. Rykert • Military Publications Manager
1 Riverside Avenue • Jacksonville, FL 32202
(904) 359-4168
Russ Martin • Advertising Sales Manager
(904) 359-4336 • FAX: (904) 366-6230

Red Cross Holds CPR Classes

From American Red Cross

American Red Cross will hold CPR classes on Feb. 28 from 9:30 a.m.-5:30 p.m. at the USO on Mayport Road.

The programs are designed to give participants the confidence to respond in an emergency situation with skills that can save a life. Red Cross courses prepare participants to prevent and respond to life-threatening emergencies.

Adult, Infant and Child CPR and First Aid with AED- Teaches emergency procedures that prepare individuals to deal

with breathing and cardiac emergencies for infants and children (birth to age 8) and adults (age 9 and up), and administering first aid to all ages. Participants learn techniques such as rescue breathing, chest compressions, CPR and Automated External Defibrillation; as well as bandaging, splinting and treatment for burns.

Anyone with a Military ID card gets a \$5 discount.

For more information or to register, please call the Mayport Service center at 246-1395.

German Navy Senior Chief Sails With USS Underwood

From USS Underwood Public Affairs

A German navy sailor is currently deployed on the U.S. Navy's guided missile frigate USS Underwood (FFG 36), as part of the Personnel Exchange Program (PEP).

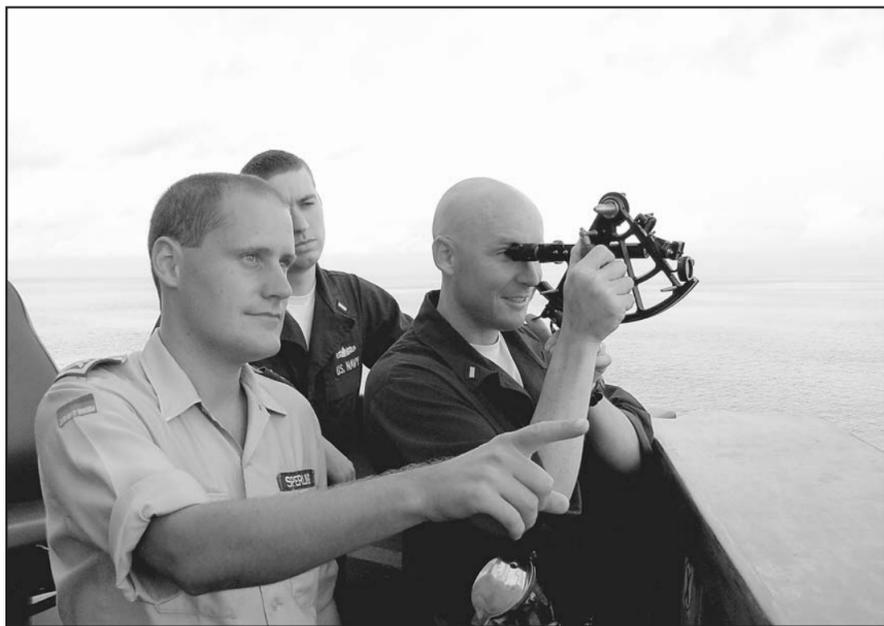
From the moment of his arrival aboard Underwood in July 2007, German Navy Senior Chief Quartermaster Christian Sperling has shared his knowledge of shipboard operations and the quartermaster rate with Underwood Sailors.

Sperling serves as the Senior Enlisted Quartermaster aboard Underwood, which is currently deployed to Latin America, conducting counter-illicit trafficking operations in the Eastern Pacific Ocean.

"Having his expertise onboard provides our junior officers and Sailors alike, a broader range of knowledge, aiding their professional growth," said Lt. Cmdr. Cory Applebee, Underwood's Executive Officer.

Hailing from Kiel, Germany, the 30-year-old Sperling brings with him 12 years of at-sea experience. He served on the German Minesweeper Pegnitz (M-1090) and German supply ship Frankfurt am Main (A-1412), prior to reporting to Underwood in July of 2007. Sperling is the second German sailor in the past five years to serve on Underwood through PEP.

During his time onboard Underwood, Sailors have reaped the benefits of Sperling sharing his job expertise. At dusk he often instructs celestial navigation on the bridge wings or in



-Photo courtesy of USS Underwood

German Navy Senior Chief Quartermaster Christian Sperling observes alongside Lt.j.g. Paul Jacobs as Ensign Todd Simpson takes bearings from the evening's first visible stars. Since July 2007, Sperling has served aboard the guided-missile frigate USS Underwood (FFG 36) as part of the Personnel Exchange Program (PEP) between the U.S. and Germany. Underwood is currently deployed to Latin America, conducting counter-illicit trafficking operations in the Eastern Pacific Ocean.

the wardroom giving navigational training to Underwood's junior officers.

In addition to his training, Sperling stands bridge-watch, expertly conning Underwood during several interdiction operations during the counter-drug deployment.

When asked about his time onboard, Sperling said he has enjoyed his time onboard Underwood, and added, "I can't thank the Captain and crew

enough for the opportunities and experiences provided to me."

Sperling is scheduled to depart Underwood in July, heading back to Germany to serve as the Navigator on German supply ship Mosel (A-512).

Underwood, homeported in Mayport, Fla., is currently deployed in Latin America under the operational control of U.S. Naval Forces Southern Command (NAVSO) and U.S. 4th Fleet, conducting counter

illicit trafficking operations in support of JIATF-South, U.S. Law Enforcement, and U.S. and participating nations drug control policy.

Underwood is also supporting the U.S. Maritime Strategy by conducting Theater Security Cooperation (TSC) events, such as community relations (COMREL) projects in Latin America.

Underwood Helps Panama Area

By Lt. j.g. P.A. Jacobs

USS Underwood

The guided-missile frigate USS Underwood (FFG 36) teamed up with the non-profit organization Fundacion Calicanto to begin renovating the Casco Viejo area in Panama, Feb. 12.

Underwood began the community relations (COMREL) project, in coordination with Fundacion Calicanto, to redevelop the poverty and crime-stricken area.

"We are always in awe of how appreciative people are when we help them," said Navy Counselor 1st Class (Surface Warfare/Aviation Warfare) Alex Roque, Underwood Career Counselor. "We just hope that they know it is as important to us as it is to them. It is instilled in Underwood Sailors to help those who are less fortunate or just need an extra hand."

The renovation efforts are focused on retaining the colonial Panamanian culture as well as the historic appearance of the surrounding areas and are scheduled to be completed in early 2010.

Sailors from Underwood began the process by cleaning and renovating an old convent in the area, which will house different community activities. The primary objective of the convent renovation is to create a youth safe haven which will provide art studios, dance classes, music labs, and a skate park for kids to remain off the streets. Sailors transported thousands of pounds of sand bags in order to recreate a foundation for the building, and also cleared an area of the convent to make way for the new skate park.

Underwood, homeported in Mayport, Fla., is currently deployed in Latin America under the operational control of U.S. Naval Forces Southern Command (NAVSO) and U.S. 4th Fleet, conducting counter illicit trafficking operations in support of Joint Interagency Task Force-South (JIATF-S), U.S. Law Enforcement and U.S. and participating nations drug control policy.



BEHIND ON YOUR MORTGAGE PAYMENT? CAN'T AFFORD YOUR MORTGAGE PAYMENT?
Mortgage Modification & Restructuring
Bankruptcy
Foreclosure Defense

MORTGAGE MODIFICATION CENTER
A PRIVATE LAW FIRM • 1054 KINGS AVE • JACKSONVILLE
ATTORNEYS: JIM RINAMAN III & ROBERT PETERS
CALL 421-6906 . FOR A FREE QUALIFICATION
www.mortgagemodificationcenter.org

First Support Services

A FirstGroup Company

Specialized Support That Delivers

First Support Services has specialized in providing Operations and Maintenance Services for the military for the past 26 years. Our contracts are located across the United States and abroad. First Support Services has developed a reputation for providing outstanding, best-in-class performance and service with emphasis on excellent customer service with emphasis on excellent customer service. We accomplish this through effective leadership of highly qualified employees who together strive to exceed customer's expectation.

As an industry leader in the base operations support arena, First Support recognizes the importance of our workforce. We have consistently had a reputation for treating our employees with respect, and we offer a full range of benefits. First Support Services is an exciting company to be affiliated with.

Email résumés to
bmartin@firstssi.com
or fax to
(972) 233-1478

www.firstsupportservices.com

First Support Services, Inc. is an Equal Opportunity Employer.

Employment Opportunities

First Support Services will be competing for the Regional Base Operating Support Services at NAS Jacksonville, NS Mayport, Kings Bay, and Blount Island. We are seeking experienced professionals in the following areas:

- Project Managers
- Environmental Engineers
- Warehousemen
- Quality Control Managers
- Material Managers
- Supply Technicians
- Facilities Managers
- Waste Water Plant Operators
- Service Call Dispatchers
- Emergency Management and Response
- Mechanics
- Material Handlers
- Drivers
- Grounds Maintenance
- Fuel Technicians
- Vehicle Maintenance
- Auto Mechanics
- MHE Technicians
- Electricians
- Carpenters
- Welders
- House Keepers
- BEQ Managers
- Utility Plant Operators
- BTS Technician
- Other Related Positions

THE 14th ANNUAL Amelia Island Concours d'Elegance

March 13-15, 2009

The Ritz-Carlton, Amelia Island, Florida
The Golf Club of Amelia Island at Summer Beach



HONORING
David Hobbs

CELEBRATING
50th Anniversaries
Formula 1 at Sebring
Indy Cars at Daytona

FEATURING
Cars of
Bohman & Schwartz

Jim Rathmann / Simons Special
United States Auto Club 100-Mile Race
Daytona International Speedway
April 4, 1959

Bruce McLaren / Cooper T51
United States F1 Grand Prix
Sebring International Raceway
December 19, 1959

photography by Claude Haycraft
courtesy of Bill Warner



RM AUCTIONS
Automobiles of Amelia • March 14

For Advance Tickets & Event Information Visit
www.ameliaconcours.org

CRIMINAL & FAMILY LAW

Call for a **FREE** consultation.
A law firm of "Vets" fighting for you!

The Law Offices of
RON SHOLES, P.A.



www.ronsholespa.com

OFFICE LOCATIONS: Jacksonville (904) 721-7575 | Orange Park (904) 269-7573



Grandmasters Provide LAMPS Capabilities To IKE Strike Group

From HSL-46

Though the first thing that comes to mind when Carrier Strike Group aviation is mentioned is the air wing aboard the carrier, the jets are far from the whole story.

Aboard the cruisers and frigates are embarked detachments of SH-60B helicopters, along with pilots, aircrew, maintainers and parts required to keep them in the air.

When the Eisenhower CSG crosses the Atlantic in late February, LAMPS detachments will be aboard USS Vicksburg, USS Gettysburg, and USS Halyburton, totaling six aircraft and more than 75 personnel. The "249th Cutlass Strike Force" is comprised entirely of HSL-46 Grandmaster aircraft, maintainers and aircrew stationed at NS Mayport.

During the recently completed IKE CSG Composite Training Unit Exercise the embarked detachments quickly became indispensable assets, providing round-the-clock Surface Surveillance and Control (SSC) and logistical support between ships as far as 80 miles apart from one another.

In addition, the SH-60Bs anti-submarine capabilities were put to the test over the course of the exercise as Grandmasters worked in coordination with P-3Cs and SH-60Fs, tracking live submarines using sonar, radar and infrared technology.

Detachment Four "Varsity," the air department of USS

Vicksburg (CG 69), flew 165 flight hours in support of C2X. Its mission variety ran the table, from Antisubmarine Warfare to Medical Evacuation. With only 17 maintainers, the air det kept Cutlass 467 and 475 fully mission capable through successful submarine tracking exercises, multilayer battle problems, and parts and personnel transfers.

Detachment Nine flew 175 flight hours aboard USS Gettysburg and was an integral part of the exercise as well.

The "Wrecking Crew" also executed a successful MEDEVAC, conducted SSC, and enjoyed great success in the ASW arena, conducting a successful simulated torpedo attack against a live submarine.

"We got a nice mix of mission tasking in preparation for our deployment," said Lt. Mike Henderson, the detachment Operations Officer. "It's not every day we get to track and practice attacks on a real sub."

The "Chupacabras" of Detachment Two executed more than 140 flight hours in support of Strike Group operations. They conducted extensive counter-piracy and oil platform defense training with USS Halyburton (FFG 40).

The Grandmaster detachments are currently debarked from their ships, preparing their aircraft for thorough pre-deployment inspections. They will return just before the Strike Group departs in late February.



-Photos by MC1 Heather Ewton

Top photo: Cryptologic Technician Technical 3rd Class Phillip Livengood of USS Vicksburg says a teary goodbye to his wife and daughter Saturday as Vicksburg joins USS Gettysburg and USS Halyburton underway with the Eisenhower Carrier Strike Group. The three Mayport ships included embarked SH-60B detachments from HSL-46. Above: Lt. John Gaines says goodbye to his son. The ships will transit to the Middle East by way of the Mediterranean Sea and the Suez Canal. The primary role of the US Navy's deployments is rotational of forward deployed forces to support maritime security operations across the globe. From aircraft support of US and coalition forces ashore in Iraq and Afghanistan to operating in support of keeping international sea lanes open for commerce, which includes possible participation in anti-piracy operations in the Gulf of Aden. There are approximately 1,000 Sailors departing from Mayport.

Did you know?

DoD will begin to remove SSNs from DoD ID cards

Removal will Occur in Three Phases
Changes to cards will be made upon ID card renewal.

- Phase One: Remove Dependent SSNs
To begin by end of calendar year 2008
- Phase Two: Remove all printed SSNs*
To begin by end of calendar year 2009
- Phase Three: Remove SSNs embedded in barcodes
To begin during calendar year 2012

SSN Removal

To ensure the safety of Service members and their families' identity information, the Geneva Conventions ID card will retain the last four digits of the SSN.

The City of Jacksonville presents
Project Little Feet
A tribute to expectant Military Mothers

(For expectant active duty Military or expectant spouses of active duty Military stationed in Jacksonville Area)

March 22, 2009
at
Metropolitan Park
1-4 p.m.

Baby Shower
Free Food, Entertainment, Prizes,
and Fun!

Expectant Mothers must register by March 1st
at www.coj.net (Search: Project Little Feet)

For more information, call Military Affairs, Veterans
and Disabled Services at (904) 630-3680

Sponsored by:

SUPPORT YOUR ADVERTISERS!
THEY SUPPORT YOU!!

Phil Sea Serves Different Type of Service



-Photos courtesy of USS Philippine Sea

Sailors from USS Philippine Sea clean and organize a room at Lucy's Hearth, a 24-hour emergency and transitional shelter for homeless women and their children, during a recent port visit to Newport, Rhode Island.

By Ensign Trey Souder

USS Philippine Sea

Nearly 40 Wardogs from USS Philippine Sea recently participated in a different type of service to their country, or rather community.

The community relations activity took place at Lucy's Hearth, a homeless shelter in Newport, Rhode Island, and capped off a week-long port as school ship for the Naval War College and Surface Warfare Officer School.

Lucy's Hearth is a 24-hour emergency and transitional shelter for homeless women and their children, most of whom are homeless due to family crisis, eviction, divorce, economic hardship, or the lack of safe, affordable housing.

Philippine Sea Sailors worked nearly seven hours doing interior painting of resident and common area rooms and office spaces, furniture relocation, and light maintenance consisting of cleaning, organizing, and crib assembly, breaking only for a short lunch.

The Lucy's Hearth staff was taken aback by both the work ethic as well as the large number of volunteers that the Sailors,

in true Philippine Sea fashion, provided.

For Yeoman 1st Class (SW/AW) Gracie Hudson, the event was equally memorable and rewarding as it afforded her the opportunity to get off the ship and extend a helping hand in a meaningful way.

"It's always good to give back," said Hudson. "I appreciate the opportunity to be here and help out."

Similarly, Electronics Technician 3rd Class Kenneth Ferguson left Lucy's Hearth with a softened heart and a sense of accomplishment.

"The best part is being able to directly see the impact and difference you can make in someone's life. We left that shelter looking brand new; both the staff and residents showed sincere appreciation and thanks for our effort," remarked Ferguson.

The children enthusiastically waved goodbye and their mothers expressed their gratitude as Philippine Sea Sailors returned to their ship with heads held high and all smiles after having embraced and perhaps gaining a greater understanding of the idea of service to one's country.



Sailors refinish the cabinets in the bathroom of the emergency shelter. Nearly 40 Wardogs from USS Philippine Sea recently participated in a community relations project after a week-long port as school ship for the Naval War College and Surface Warfare Officer School.



Philippine Sea Sailors work nearly seven hours doing interior painting of resident and common area rooms and office spaces, furniture relocation, and light maintenance consisting of cleaning, organizing, and crib assembly, breaking only for a short lunch.



A Sailor paints the trim around one of the windows of the shelter.

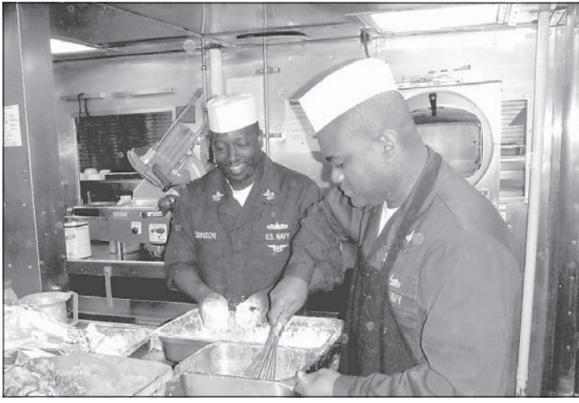
African-American Month Celebrated On Klakring

By Ensign Peter Goodman

USS Klakring Public Affairs Officer

Surrounded by the waters of the Mediterranean, Klakring Sailors came together on Feb. 19 to celebrate African-American history Month and in particular the contributions made by African American Sailors.

For Klakring's crew, who are currently conducting maritime interoperability operations while assigned to Standing NATO Maritime Group-1, February has provided several opportunities to reflect on the month's importance. During a recent Commanding Officer's Call on board, Cmdr. Scott M. Smith discussed the importance of diversity in contributing to



-Photo courtesy of USS Klakring Store Keeper First Class (SW/AW) Nathaniel Robinson and Store Keeper 2nd Class (SW) Dushawn Johnson spend a day in Klakring's Galley preparing dinner for the crew during the ship's celebration of African American History Month.

mission success.

"We 'Tin-Can Sailors' have known these things for ages: that the perils of the sea do not discriminate; that the contributions of an individual - what life experiences that person brings - helps the team," commented Smith, adding "it takes all of us regardless of race, religion, or creed to go to the sea in ships and succeed."

As part of the celebration of African American History Month, several Klakring Sailors contributed time during their hours off to prepare a special meal for the ship's crew. The meal, which offered several different types of chicken, ribs and vegetables, was greatly received by the crew.

Storekeeper 1st Class (SW/AW) Nathaniel Robinson spent part of his day in the ship's galley cooking and reflecting on the contributions of such Sailors as Seaman Doris "Dorie" Miller, a cook on board USS West Virginia during the bombing of Pearl Harbor, who manned a .50 caliber machine gun, after dragging the ship's mortally wounded Commanding Officer out of the line of fire.

"The month has been a time for me to really think about the accomplishments and achievements of those who have gone before me. The work and tireless efforts of Sailors like Miller have opened countless doors for us and underline the importance of diversity in strengthening the

team," commented Robinson.

The month offers all the chance to commemorate the efforts of such visionaries as Dr. Martin Luther King, as well as the importance of diversity in maintaining a robust and successful Navy for years to come.

Commenting on the responsibility of each individual in strengthening and promoting diversity, Smith remarked, "let us remind ourselves of our past and really understand it, so that we may move forward together.

As Lincoln wrote, 'We ... hold the power, and bear the responsibility.'"

Klakring Joins Standing NATO Maritime Group 1

By Ensign Peter Goodman

USS Klakring Public Affairs

Commanded by her newly appointed Commanding Officer, Cmdr. Scott M. Smith, USS Klakring (FFG 42) sailed across the Atlantic reporting to C6F as the newest U.S. warship assigned to Commander, Standing NATO Maritime Group 1 (CSNMG 1).

The force, a composition of NATO allied warships, fills an integral role in maintaining allied Maritime Situational Awareness in the region. Along with Klakring, German warship FGS Emden (F 210) and Portuguese warship NRP Alvares Cabral (F 331) comprise the task group of ships assigned to CSNMG-1.

SNMG-1 provides the Maritime Component Command of the NATO Response Force a very high readiness element able to support various NATO missions, exercises, presence operations, and diplomacy visits. In her role as an asset to SNMG-1, Klakring brings Surface, Submarine, Maritime Interdiction, and Air Warfare

mission capabilities.

Klakring, Emden, and Alvares Cabral conducted a recent port visit to Lisbon, Portugal, where the establishment of the current force was celebrated during a reception held onboard Emden honoring RADM Pereira de Cunha, Portuguese Navy, CSNMG-1.

The event provided Klakring Sailors the opportunity to engage their counterparts from other ships, and valuable time to build upon the mutual respect held amongst the Navies.

In particular, the event afforded Klakring's commanding officer the opportunity to both share experiences with foreign counterparts, as well as build a foundation between fellow Commanding Officers, Cmdr. Ulrich Brosowsky of Emden, and Capt. Nobre de Sousa of Alvares Cabral.

"All the COs know that the key to enhancing the coalition and achieving the common interests in the maritime domain is to increase both interoperability and greater understanding. It is the personal relationships that

are forged during these events that will ultimately forge the strongest coalitions," remarked Smith.

The port visit provided Klakring and her crew a remarkable opportunity to experience the sights and sounds of Lisbon as well, a city, which is famed for being the Gateway to Europe for ships traveling from the Americas.

For Chief Electrician's Mate (SW) Johnny Hill, the visit also provided the opportunity to see the beauty of the Portuguese countryside during a Host Nation sponsored trip to visit such historic landmarks as the Cathedral at Fatima and the Tomb of Henry the Navigator.

"I really enjoyed the opportunity to learn more about the culture and experience places I had only heard about, commented Hill. "I definitely appreciate the work Portugal did in organizing the tour for us."



Photo courtesy of USS Klakring Commander, SNMG -1 Rear Adm. Pereira de Cunha, Portuguese Navy, addresses the crew of Klakring during the ship's recent port visit to Lisbon, Portugal. During his visit, Cunha discussed the importance of SNMG-1 in strengthening interoperability between allied Navies.

gateway for cancer research
formerly Cancer Treatment Research Foundation

1336 Basswood Road, Schaumburg, IL 60173
888. 221.2873 www.GatewayForCancerResearch.org www.payton34.org
a CFC participant • Provided as a public service

Family Dentistry Adults and Children

EVELYN L. HERRERA, D.M.D., P.A.

"A Navy family serving Military families since 1988"
WELCOMING NEW PATIENTS!

TRICARE PARTICIPANT

- Most Insurance accepted
- We accept Dental Insurance for Active Duty Dependents and Retired Military & Their Dependents
- In front of Mayport NEX/Commissary

(904) 249-1302

Pan-Am Plaza Suite 17 • 2292 Mayport Rd. Jacksonville, Florida 32233
Office Hours Tues. -Fri. 8:30 a.m. - 5:30 p.m. • Sat 8:30-4:00pm

RNR Custom Wheels & Performance Tires

CUSTOM WHEELS • PASSENGER TIRES • PERFORMANCE TIRES • TRUCK/SUV TIRES • NO CREDIT HASSLES • GUARANTEED LOWEST PRICES

Stimulate Your Ride with a Set of Custom Wheels and Tires!

12 MONTHS NO INTEREST NO PAYMENTS

YOU'VE GOT YGO OPTIONS!

BUY TODAY
The Guaranteed Lowest Cash Prices!

RENT-N-ROLL
No Credit Hassles
Easy Payment Program!

120 DAYS
Same As Cash!
The Choice is YOURS!

All Options Include:
FREE PROFESSIONAL INSTALLATION,
FREE LOCKS & LUGS, FREE FLAT REPAIR,
FREE ROTATE & BALANCE FOR LIFE* AND
THE CUSTOMER SERVICE THAT YOU DESERVE!

www.RNRWheels.com

Hours We Roll
M-F 9am-7pm
Sat 9am-5pm

JACKSONVILLE, FL - Corner of 103rd & Blanding
5436-4 Blanding Blvd904.317.9888

JACKSONVILLE, FL - 2 Miles East of Regency Mall
10140 Atlantic Blvd904.722.0975

*12 Months - No Interest - No Payments Program is available with approved credit on select products. Product terms may vary by state. Wheel and tire brands, styles and services may vary per location. All pictures in ad are representative only. Not responsible for typographical errors in ad. Other charges may include taxes, club fees and tire disposal fees. Ownership of product is obtained once the agreed payment program has been completed. Guaranteed Lowest Price is on identical item in-stock plus installation with written quote. See store for details. Rotate & Balance for Life is available every 3000-6000 miles for the life of the tires. RNR CUSTOM WHEELS & TIRES RNR-STIMULATE-0109-300-JAX

USS The Sullivans Arrives In India

By Ensign Kari M. Weniger
USS The Sullivans PAO

USS The Sullivans made its approach to the Indian port of Cochin on Feb. 16. Excitement filled the ship as the crew put on their dress uniform to offer a proper "hello" to the people of India.

The relationship between India and the United States has been one of mutual agreement and desire to broaden the scope of peace across the region. The Sullivans anticipates a port call filled with receptions and interactions to form another bond of friendship with the people of India.

Capt. Ryan C. Tillotson, Commanding Officer of USS The Sullivans, beamed with pride on the bridge wing.

"Having visited India nearly two years ago as a student of the National Defense University, I am excited to return to this fascinating country with rich traditions and cultural history," Tillotson said.

For most of The Sullivans' crew, this will be their first visit to India. The crew has been lucky to see many different cultures throughout the deployment. As an east coast U.S. ship, The Sullivans has had the rare opportunity to work in the Seventh Fleet area of responsibility, making port calls in Yokosuka, Japan, Chinhae, South Korea, and Singapore among others. India will be the perfect way to cap off the trip to Seventh Fleet as there is so much to learn from the culture and gain from working with the Indian Navy.

For some, the port call was one of heightened anticipation.



-Photo courtesy of USS The Sullivans
Cmdr. Ryan Tillotson and Sonar Technician Surface 1st Class (SW/AW) Charles Colemer overlook India as USS The Sullivans makes her approach.

Electrician's Mate 1st Class Phil Rahim's great grandfather was born in India. Rahim grew up in a Hindu household in Trinidad and has never gotten the chance to visit the country of his heritage. Rahim, who recently checked on board The Sullivans, cherishes the chance to see the culture and traditions of India.

"I am excited to see where it all started," said Rahim. "My grandfather came to India when I was a little boy and I didn't

have the opportunity. And now I [can] see what he has seen."

The timing of The Sullivans arrival proves to be a critical time for India. In November 2008, terrorists attacked the Taj Hotel in Mumbai.

"Having stayed at the Taj Hotel myself, I was deeply affected by the unwarranted attacks that occurred there," Tillotson said. "I extend my sincere condolences to the people of Mumbai and I hope that

a full investigation determines what happened and who was responsible."

The United States and India share many common concerns based on mutual security and the promotion of freedom in the region. The Sullivans hopes that this port call to Cochin will help build and foster these relationships and strengthen the prosperity of the Indian Ocean region.

The Sullivans also offers large congratulations to the people of



-Photo courtesy of USS The Sullivans
Electrician's Mate 1st Class (SW) Phil Rahim anticipates arriving at the country of his heritage. Rahim's great-grandfather was born in India.

India as they have celebrated the Indian Republic Day less than one month ago. The crew anticipates learning about the history of India and building the military to military relationships with this fine country.

"I look forward to this unique opportunity to continue the excellent relations that our nations and Navies have with each other," said Tillotson.

As a result of port visits such as this one, India and the United States have a steadily increasing positive relationship based on mutual respect.

The Sullivans looks forward to engaging in the many events planned during their time in Cochin and to welcoming the people of India into The Sullivans family. We stick together!

BUSINESS SPOTLIGHT

MON.-THURS. 10:30am-9pm • FRI. & SAT. 11am-11pm • SUN. 11am-8pm

Gyros, Souvlaki, Hummus, & more.
Try our homemade authentic desserts!

10 Donner Rd Atlantic Beach, FL
904-241-0070
Delivery available on base!

Greek Specialties

Traditional Greek fare comprised of fresh & natural ingredients which bring the subtlety of Athens to Atlantic Beach

NICK THE GREEK

1487-1 Mayport Road
Atlantic Beach, FL 32233

Tel (904) 247-9991

Business Hours:
Monday - Thursday: 11:00 am - 9:30 pm
Friday: 11:00 am - 10:30 pm
Saturday: 11:00 am - 10:30 pm
Sunday: 12:00 noon - 9:30 pm

GRAND BUFFET
CHINESE BUFFET RESTAURANT & SUSHI

Not The Largest But The Best Buffet In Town!

Bring coupon for \$1.00 OFF per table

10% Military Disc. ALL U CAN EAT LUNCH
Monday - Saturday: 11:00 am - 4:00 pm
Adult \$6.89
Kids 3 - 8 \$3.99 • 9 - 11 \$4.99
Kids Under 2 **EAT FREE**

DINNER
Mon. - Thurs. 4:00 pm Close
Adult \$8.99
Kids 3 - 8 \$4.99 • 9 - 11 \$5.99
Kids Under 2 **EAT FREE**

BUFFET TO GO AVAILABLE

Walk-ins Welcome!

\$50 off Permanent Cosmetic Make Up

\$35 Color Touch Up

\$5 Haircuts for Military Only

\$45 Touch-up Relaxer & Style

**Offers only available with coupon*

ALL CUTS SALON
Look & feel your best

1447 Mayport Rd. Ste 4
Atlantic Beach, FL 32233
(904) 242-2421

Little Europe in the heart of Jacksonville Beach

European Delights

- British Sheppards Pie
- German Leberkäse
- Polish Fresh Smoked Sausage

1131 3rd Street N. Jacksonville Beach, FL 32250 • (904) 249-0007

Imported groceries: British, Greek, German, Hungarian, Polish, and more!
Check out our Daily Lunch Specials and Paninis!

Want to overcome Erectile Dysfunction or Bladder Control Problems?

Many men suffer from Erectile Dysfunction or Bladder Leakage due to prostate surgery, diabetes and/or heart disease. If you would like to learn about the latest treatments, including more permanent solutions, we encourage you to join Marc Blasser, MD and Dave Forbis, RN, PA-C for a FREE Men's Health Seminar.

Wednesday, March 4th • Registration at 5:30pm • Seminar begins at 6:00pm
Holiday Inn Hotel 620 Wells Rd., Orange Park FL
(1-295 to exit 10; south on US 17; right on Wells Rd.)

To RSVP call 877-433-2873 - Space is limited.
Your spouse or partner is welcome and is strongly encouraged to attend.

UROLOGY ASSOCIATES OF NE FLORIDA

A law firm of "Vets" fighting for YOU!

YOUR ACCIDENT AND INJURY ATTORNEYS

You hurt? We FIGHT!

DUI & Criminal Defense Family Law

ALL YOUR LEGAL NEEDS
Call us for a free consult.

721-7575 | www.ronsholespa.com

The Law Offices of RON SHOLES P.A.

A LAW FIRM OF VETERANS

ATTORNEYS: Ronald Sholes, USN - 10 Yrs;
Mike Quimby, USN - 8 Yrs; Scott Burleigh, USN - 8 Yrs;
Garry Crews, USMC Ret.; Jody Ward, USMC - 4 Yrs.

INVESTIGATORS:
Brian Schroeder, USN Ret.
Brian Wyatt, USN Ret.

JACKSONVILLE
ORANGE PARK
STARKE

WWW.RONSHOLESPA.COM

TO SPOTLIGHT YOUR BUSINESS CALL JULIE DINNEWETH 904-359-4680

MILITARY & CIVILIANS SHOP WITH UP TO \$7500 INSTANT CREDIT!

FURNITURE | ELECTRONICS | APPLIANCES | JEWELRY | COMPUTERS | CAR AUDIO & VIDEO | RIMS & TIRES

GRAND OPENING SALE



FREEDOM FURNITURE & ELECTRONICS

THE INTERNET STORE
The American dream starts here!



call 1-888-480-4015 | click www.shopfreedom.com

FAST ONLINE APPROVAL >>> 0% FINANCING 6 MONTHS INTEREST FREE*



WE SHIP EVERYWHERE!

*Freedom offers 6 months 0.0% interest with credit approval. If the account is kept current and the entire balance is paid in full within 180 days of receipt of merchandise purchased, all finance charges will be rebated to customer. Per payday or twice monthly payments in this ad are based on 24 months with zero down payment at 19.96% APR on approved credit, taxes not included. To calculate the total cost of financing simply multiply the payment amounts by 48. Freedom's other credit plans begin at 14.96% APR o.a.c. Regardless of your credit, Freedom has a plan for everyone!!!

Chaplain's Corner

"From dust you have come. To dust you shall return." It is a peculiar and sobering statement to say the least. This declaration was repeated countless millions of times on Wednesday, 25 February as people from various Christian denominations around the world received a peculiar mark on their foreheads made with ashes. The ashes are burnt palm leaves and are dispensed by ministers who utter this unusual phrase each time the ashes (in the form of a cross) are placed on each forehead. Ash Wednesday marks the beginning of a special time in the Christian church's calendar known as "Lent."



Chaplain Joe Molina
CDS40 Staff Chaplain

Lent is a period of forty days that ends on Palm Sunday which marks the beginning of Passion Week culminating on Easter Sunday. Many of the faithful observe the season of Lent with fasting and other spiritual disciplines. While not all Christian denominations observe Ash Wednesday, all of Christendom does observe Lent. While my particular Christian tradition does not observe Ash Wednesday, I would like to refocus on the ashes, nonetheless, because I believe there's something in it for all of us.

The ashes are a reminder to all humanity of our inner vulnerability and weakness before the presence of an awesome God. It reminds me that I am not invincible and that I am, in fact, a broken vessel before the presence of the Almighty. Precisely because of this ultimate helplessness, I need God. Because one day the tent will collapse, I need God.

In these days of high technology, busy lives and complex schedules it is important to take pause and be reminded of our inherent mortality. Indeed, Ash Wednesday and the Lenten season can give us enough pause to realize that I am not indispensable, after all, and that the world will continue to turn and my job will still be there when I get back to it. Ash Wednesday and the Lenten season can give us just enough pause to celebrate the richness of God's grace. For if from the dust I have come and to dust I will return, then tomorrow is never promised to me and the life I have today is by the grace of God. That is what Ash Wednesday is mostly about: God's provision of grace. How can we try to understand this grace?

Well, my wife Vicky has told me about her childhood visit to Niagara Falls. I've never been there. She remembers experiencing a majestic sense of awe. She can still recall the fall's deafening sound and its overpowering, unrelenting activity. There are 200,000 tons of water per minute plunging down twelve stories into the Niagara River! The Almighty could have used a lot less water. God did not. God could have made the falls lower but he did not. However, Because of its unique design and power people are drawn to it.

What a picture of God's grace! The Lord's gift of grace is limitless, unending, awe-inspiring, deafening in its majesty and overpowering in its love. People are drawn to it by its supremacy and surprised by its simplicity.

So, it is very possible that one could catch a glimpse or even experience the grace of God through the reality of our personal vulnerability. God delights in revealing himself to those who long to experience his grace and are humble enough to express that need. Be Blessed!



Len Hackett
Former CAPT US ARMY

VERNIS & BOWLING

ATTORNEYS AT LAW • EST. 1970

CRIMINAL MILITARY DEFENSE

We are here for Article 15s and Courts-Martial. We also advise on LORs, demotions, discharges, and other UCMJ or adverse administrative actions.

4309 Salisbury Road, Jacksonville, FL 32216
Phone (904) 296-6751 Fax (904) 296-2712

www.florida-law.com



Wolfgang Mertz
Former JAG
Chief of Justice
Area Defense Counsel



Let's Build Something Together™

SPECIAL VALUE!

\$698

BUYS BOTH

WHIRLPOOL WASHER & MATCHING DRYER PAIR

was \$876

3.5 Cu. Ft. Classic Washer #298220
7.0 Cu. Ft. Classic Electric Dryer #300191



Offer valid on washer item #298220 and electric dryer item #300191. Gas dryer item #300193 at higher price (\$763 buys both). Limit one laundry pair per customer. Price reduction taken at register. See associate for details. Offer valid 2/26/09 - 3/1/09. Some items may be available in 7 days or less via Special Order Express.

HURRY IN FOR WEEKEND VALUES
4 DAYS ONLY — THURS. 2/26 - SUN. 3/1

\$100 GIFT CARD AVAILABLE
via mail-in rebate

with the purchase of \$399 of any in-stock Owens Corning™ insulation. Via mail-in rebate. Offer valid 2/26/09 - 3/1/09. See store for details.

PINK FIBERGLAS™ INSULATION
The best choice for home energy savings.
2x4 Walls • Basements
R-13
FACED

SPECIAL VALUE!
now \$248
was \$398

Stainless-Look Dishwasher
•4 cycles •63 dB sound rating •Holds up to 14 place settings •Sensor wash •Sanitary cycle •NSF Certified - Removes 99.9% of bacteria #30875



\$139 ENTIRE HOUSE CARPET INSTALLATION*

Price only includes labor for installing carpet and pad purchased from Lowe's. Offer limited to single-family homes. Additional charges may apply. Offer valid until 4/5/09. See store for details.

LOWE'S INSTALLATION Guaranteed

\$750 MAIL-IN REBATE AVAILABLE
VALSPAR® SIGNATURE COLORS PAINT

NEW LOWER PRICE!
now \$2748 gallon size
was \$2898

Valspar® Signature Colors Interior Eggshell Finish Paint
#213457;242340
\$7.50 mail-in rebate on all 1-gallon sizes of Valspar® Signature Colors Paint. Offer valid 2/26/09 - 3/1/09. See store for details.

\$99 BASIC REPLACEMENT WINDOW INSTALLATION

Basic Replacement Window Installation includes: delivery, removal and haul away of existing windows and sashes (local disposal fees may be required), caulking and insulation for new window, project review and clean up. Price quoted on a per window basis and is available on vinyl replacement windows and wood renovation windows up to 108 unitted inches. Price does not include the cost of the products to be installed. Installation price is only valid for single-family residential properties and cannot be used on multi-family and/or commercial properties. Additional charges will apply for services not included in basic replacement window installation such as metal frame removal, removal of storm windows, wrapping and capping of trim and necessary repairs to window opening. Not valid on prior purchases. Mandatory in-home measurement fee (refundable upon project purchase) is required. Offer may not be available in all markets. Offer valid 2/26/09 - 3/1/09.

AMERICA'S VET DOGS®
VETERAN'S K-9 CORPS®

NAVY FLEET SHEETS™

Custom fitted sheets designed specifically for Navy berthing and stateroom racks!
(Printed with **COMMAND INSIGNIA** optional)

www.navyfleetsheets.com

"Improving the Quality of Life at sea"

Bright Effects

YOUR CHOICE SPECIAL VALUE!
now \$698 each
was \$898

4-Pack Bright White or Daylight 60-Watt Equivalent CFL Light Bulbs
#77180;79261

YELLOW JACKET

SPECIAL VALUE!
now \$1987
was \$3978

50' 12/3 Contractor Cord
•Heavy-duty PowerLite™ plug lights up when power is on #242027

SPECIAL VALUE!
now \$997
was \$1497

Shur-line 9-Piece Paint Tray Set
#78046

For the Lowe's nearest you, call 1-800-993-4416 or visit us online at Lowe's.com

Prices may vary after 3/1/09 if there are market variations. "Was" prices in this advertisement were in effect on 2/19/09, and may vary based on Lowe's Everyday Low Price policy. +\$139 entire house carpet installation offer requires purchase of carpet and pad from Lowe's and only includes labor for installation. Offer is limited to single-family residential homes. Additional charges may apply, as offer does not include any customization, installation on steps, or any other optional labor such as removal, haul-away, or moving of furniture. Multi-family and commercial properties will be priced by quote only. Offer not valid on glue-down carpet, prior purchases, and may not be available in your area. See store for additional information and listing of all available carpet. Offer valid until 4/5/09. We reserve the right to limit quantities. While Lowe's strives to be accurate, unintentional errors may occur. We reserve the right to correct any error. Prices and promotions apply to US locations only. © 2009 by Lowe's®. All rights reserved. Lowe's and the gable design are registered trademarks of LF, LLC. (6476) 001/6476/021.033

NAVSO Selects 2008 Sailor Of The Year

By MC2 Alan Gragg

U.S. Naval Forces Southern Command, U.S. 4th Fleet Public Affairs

U.S. Naval Forces Southern Command (NAVSO) and U.S. 4th Fleet, honored their 2008 Sailor of the Year (SOY) in an award ceremony Feb. 2. Yeoman 1st Class Johnny Jaramillo was selected as SOY for his work as Flag Writer to Rear Adm. Joseph D. Kernan, NAVSO and U.S. 4th Fleet Commander. During the ceremony, Jaramillo was cited on behalf of Kernan, for his superior performance; attention to detail with constant emphasis on integrity, consistency and professionalism; and his superb leadership and uncommon work ethic.

"YNI Jaramillo is an outstanding Sailor and a great

example of why this command succeeds in its mission," said Kernan. "We are not a large staff, so it's important that we have Sailors like YNI Jaramillo, who are focused and dedicated to our mission. He has worked tirelessly to this end and the front office and command would not be as effective without all the effort he gives on a daily basis."

Kernan also presented Jaramillo with the Navy Achievement Medal, with three gold stars in lieu of fourth award.

Jaramillo has served as the flag writer for NAVSO since 2004.

"I am honored and extremely humbled to have been chosen as the NAVSO Sailor of the Year," said Jaramillo. "This is honestly

a direct reflection of the leadership and power of mentorship within this command."

NAVSO, the Navy component command of U.S. Southern Command (SOUTHCOM), oversees maritime operations throughout Latin America, including exercises and deployments, counter illicit trafficking support, and theater security cooperation events. U.S. 4th Fleet is the numbered fleet assigned to NAVSO exercising operational control of U.S. Navy units temporarily operating in the SOUTHCOM area of focus, which encompasses the Caribbean, Central and South America and surrounding waters.

NAVSO Sets Tile At Ocean Breeze



-Photos by MC2 Alan Gragg

Above: Rear Adm. Joseph D. Kernan, Commander U.S. 4th Fleet and

Quartermaster 1st Class Gary Sherman, who designed the logo, show off the new U.S. 4th Fleet ceiling tile before adding it to the collection of tiles in the Ocean Breeze Conference Center. U.S. 4th Fleet is the numbered fleet assigned to U.S.

Naval Forces Southern Command (NAVSO) exercising operational control of U.S. Navy units temporarily operating in the U.S. Southern Command (SOUTHCOM) area of focus, which encompasses the Caribbean, Central and South America and surrounding waters.

Right: Quartermaster 1st Class Gary Sherman, who designed the logo, places the new U.S. 4th Fleet ceiling tile into a vacant slot in the collection of tiles at the Ocean Breeze Conference Center.



Farragut Has VIP Visit

By Ensign Melanie Stolzenberg
USS Farragut PAO

Adm. James Stavridis, Commander, U.S. Southern Command, visited USS Farragut (DDG 99) Wednesday, Feb. 18 to congratulate the crew on a job well done during their recent Partnership of the Americas 2008 deployment.

He cited drone exercises and the experience of having a Brazilian admiral embark for an exercise as examples of Farragut's contributions to SOUTHCOM's missions.

After a whirlwind tour of the ship, shaking several Sailors' hands along the way, Stavridis settled down in the wardroom to lead a discussion about SOUTHCOM's missions and recent activities.

As a framework for the discussion, each officer was given a sheet of images that gave more meaning to the list of missions and areas of focus covered by SOUTHCOM (Counter Drug/Counter Narcoterrorism, Exercises and Operations, Human Rights, Humanitarian Assistance, Interagency Coordination, Public/Private Cooperation, Science and Technology, and Theater Security Cooperation).

The first image was a chart from 1650 that showed the continents of the Americas joined together as one continent. To Stavridis, this chart represents the way U.S. citizens should view South America: as a part of our home, not as merely the backyard of our home.

The chart was followed by an image of a Haitian man who, at first glance, looked to be quite elderly; however, he was only thirty-seven. This image was presented to remind us that poverty is the most severe problem we face in our area of focus.

One officer posed the question "What can SOUTHCOM actually do to combat poverty?"

The answer was found in some of the other images the Admiral had chosen. One picture showed the seals of all the agencies that work together to accomplish SOUTHCOM's goals; another showed a rainbow of flags, representing international cooperation; and another showed the U.S. Naval

Hospital Ship Comfort.

In Haiti, when hurricanes hit last fall, bridges and fields were destroyed; SOUTHCOM brought in an amphibious ship, USS Kearsarge (LHD 3), that provided personnel to rebuild the bridges and help to reinstate the infrastructure so that people could carry on with their lives: interagency efforts.

In Callao, Peru, when an earthquake caused damage, a hospital ship was sent to the area to provide personnel and supplies to set up medical and hospital facilities to help the regional people.

In other words, SOUTHCOM is a vast network of resources that, when managed effectively, can do a great deal towards combating poverty and other issues.

When Stavridis' formal discussion was over, officers in the wardroom felt more informed about the scope of SOUTHCOM's missions and about how Farragut had played a role in those missions throughout her maiden deployment. Stavridis' talk was highly informative and his passion for the subject matter was apparent to all present.

He even invited the wardroom to check out his blog on the SOUTHCOM website to keep a good grasp on the current happenings in SOUTHCOM projects.

His visit to Farragut was a motivation for all to keep the

big picture in mind and to continue to strive for excellence and professionalism in order to support the many and varied missions we are called to complete.



-Photo by BM3 Cory Barber
Adm. James Stavridis talks with GSMFN Christopher Lightbourne on USS Farragut (DDG 99) on Feb. 18.

-Photo by BM3 Cory Barber

RESTART YOUR LIFE
Uncontested Divorce - Starting at \$595 plus cost
Personal Bankruptcy - Starting at \$1495 plus costs
Mortgage Loan Modification and Foreclosure Defense
CALL 421-6907 FOR A FREE CONSULTATION
ROBERT L. PETERS ATTORNEY
www.restartyourlifejax.com
1054 KINGS AVE JACKSONVILLE

BAPTIST Primary Care
Depend On Us For Life
Charles A. Rust M.D.
Karla Dalrymple P.A.-C
3690 St. John's Bluff Rd. S
Jacksonville, FL 32224 • 904-564-4343
Retired Navy Doctor
NOW ACCEPTING TRICARE PRIME & STANDARD
Happy To Serve His Shipmate's & Their Families.

WE ARE UNVEILING OUR 2009 MODEL HOMES COLLECTION
THIS SATURDAY FROM 10AM TO 6PM & SUNDAY FROM 12PM TO 6PM
IT'S ALL NEW IN 2009. New floor plans, new features, new prices and brand new professionally decorated model homes. Tour our four new model homes in any of these spectacular Communities.
COVENTRY AT OAKLEAF PLANTATION
Luxury townhomes from the low \$120s
Orange Park
HAMILTON GLEN AT OAKLEAF PLANTATION
Single-family homes from the upper \$100s
Orange Park
Fall in love today with a home from homebuilder who will be here tomorrow!
For community information and directions call 1-877-205-1299 or visit **LENNAR.COM**
Prices subject to change without notice. Renderings are artist's concept. Copyright © 2009 Lennar Corporation. Lennar and the Lennar logo are registered service marks of Lennar Corporation and/or its subsidiaries. 1/09

Feb. 28: Saturday Cinema – Madagascar Escape 2 Africa (PG). Free indoor movies on the MEGA 20-foot screen at Beachside Community Center (Main Hall) every Saturday starting at 7 p.m. Refreshments will be available for purchase. 270-7198

March 6: Deadline for March Madness Basketball Tournament. Tournament is March 13-15. Military only; \$225 per team. 270-5451

March 10: 5K Run/3K Walk/Stroller Strut. 8 a.m. start in front of the Gym. Free. 270-5451

March 10: Intramural Soccer Meeting. 11 a.m. in the Gym lobby. 270-5451

March 12: MWR Expo and Travel Show. 10 a.m.-1 p.m. at Ocean Breeze Conference Center. Event features free information on MWR programs, base programs, travel and vacation destinations, hotels, free

food samples, giveaways and more. 270-5228

March 20-22: Open Water Scuba Certification Course. Cost is \$290 complete and includes all gear, course materials, instruction, two days admission to the springs, two nights lodging, transportation and certification. No equipment purchase required! Pre-registration is required. 270-52221

Liberty Call

The following activities target single or unaccompanied Sailors. For more information, call 270-7788/89 or stop by Planet Mayport Single Sailor Center and pick up the monthly activity calendar with a complete listing of all upcoming Liberty events.

Feb. 26: Comedy Zone Trip. This free trip departs Planet Mayport at 6 p.m. Transportation, appetizers and your first non-alcoholic drink

are included. Pre-registration is required.

Feb. 28: Monster Jam Show. Trip departs Planet Mayport at 6 p.m. Cost is \$10 and includes transportation and admission. Pre-registration is required.

March 2: Deadline for Universal Orlando Trip. Liberty is heading to Mardi Gras at Universal in Orlando March 7-8. Also featured is Barenaked Ladies performing live at the park. Trip departs on

Saturday and returns on Sunday. Call Planet Mayport at 270-7788 for trip cost and departure times.

March 2: Barracks Break-In. Free movie night with pizza for Single Sailors at Bldg. 2105 (lounge) starting at 6 p.m.

March 5: Harlem Globetrotters Trip. Trip departs Planet Mayport at 6 p.m. Cost is \$20. Pre-registration is required.

MWR Sports/Fitness

Sports

The Intramural Volleyball Lunchtime League game time is 11:30 a.m., Monday-Thursday, behind Beachside Community Center. This is a Captain's Cup activity.

A Soccer organizational meeting will be held March 10 at 11 a.m. at the Gym lobby.

NS Mayport's 5th annual March Madness Men's Basketball Tournament will be held March 13-15. Entry deadline is March 6. Awards for first, second individual; first, second, third team; seven all-tournament team and most valuable player. Cost is \$225 per team. For more information, call 270-5451.

Registration underway for the Men's Softball Captain's Cup.

The free Shamrock 5K Run and 3K Walk/Stroller Strut will be held on March 10 at 8 a.m.

The Fitness P.O.W. is Cardio: Jump Rope; Strength: TRX Suspension Training; Stretch: Feet

in front of the gym.

Fitness

The MWR Fitness Team has a new program to put a "P.O.W." in your workout.

At the beginning of each week, on Monday, an exercise Plan of the Week will be posted at both the gymnasium and Surfside Fitness center. It will be advertised on the workout mirrors and by the schedules at both facilities.

It will include three focuses: Cardio, Strength and Stretch.

Each week the focus will change, highlighting various pieces of equipment, exercises and muscle groups. The program was created to educate patrons on the usage of various machines, the execution of different strength exercises and effective stretching regimens for muscle groups.

During their floor times the trainers, LaPlace, Traci, Ruthie, Mia and Nancy, will be encouraging patrons to follow the P.O.W. The trainers will demonstrate and walk patrons through the various focuses.

P.O.W. is a great opportunity for all personnel attached to the station to try something new at the facilities; shaking up their normal routine, allowing for a safer, more effective, less time consuming caloric burn.

Youth Dance Classes

Register NOW at the Youth Activities Center, located in on-base housing.



Classes are forming NOW!

Instructors:
Polly Boeneke and
Dayna Williams
from
Polly B Dance Academy

Mondays:

3:45-4:45 p.m. Ballet and Tap (Ages 5-7)
4:45-5:45 p.m. Ballet and Tap (Ages 3-5)

Wednesdays:

9:30-10:30 a.m. Ballet and Tap (Ages 2 ½-3)
10:30-11:30 a.m. Ballet and Tap (Ages 4-5)
3:45-4:45 p.m. Ballet and Tap (Ages 7+)
5:00-5:45 p.m. Jazz and Hip Hop (Ages 7+)

Class Fees: \$38 per month

No discounts for holidays or missed classes.

\$5 discount for additional child and/or class.

Class Attire: Black leotard, pink tights, pink ballet shoes and tan tap shoes. Items can be purchased from Instructor.

Additional Details: Minimum of 5 children per class to start; Maximum of 12 children per class. Class schedule is subject to change depending on enrollment and demand.

For more info, call the
MWR Youth Activities Center
at (904) 270-5680 or 5421.

Instructors can be reached
via e-mail at PBBB@aol.com.

Kid Zone

Feb. 27: Freedom Friday, Movie Night. 7-11 p.m. at the Youth Center for elementary ages. Cost is \$7 in advance or \$9 the day of (if space is available). 270-5680

Feb. 28: Saturday Cinema – Madagascar Escape 2 Africa (PG). Free indoor movies on the MEGA 20-foot screen at Beachside Community Center

(Main Hall) every Saturday starting at 7 p.m. Refreshments will be available for purchase. 270-7198

March 2: Spring Break Day Camp Registration Begins. Register Monday-Friday 9 a.m.-6 p.m. at the Youth Activities Center. Camp is open to ages 6-12 (and age 5 if currently enrolled in Kindergarten).

Camp dates are March 30-April 3. 270-5680

March 6: Teen Night. 7-10 p.m. at Club Teen for middle and high school ages. 270-5680

March 13: Freedom Friday, St. Patty's Dance. 7-11 p.m. at the Youth Center for elementary ages. Cost is \$7 in advance or \$9 the day of (if space is available). 270-5680

SAVE HUNDREDS¹ WITH FREE CHECKING FROM USAA

INSURANCE

BANKING

INVESTMENTS

MEMBER SERVICES

GET FREE SERVICES THAT MOST BANKS CHARGE FOR

Sign up for a USAA Free Checking account and start saving time and money every day. *Here's how:*

- **FREE ATM use anywhere** in the world²
- **FREE USAA Deposit@Home**^{SM 3} for qualifying members lets you make deposits from any computer with a scanner
- **FREE direct deposit** of your paycheck
- **No monthly service fees**, no minimum balance required
- **FREE rewards** debit card
- **FREE checks**
- **FREE online and mobile banking** with unlimited billpay

We're your bank. USAA also offers high-rate CDs and low-rate mortgages and auto loans. When you bank with USAA we'll protect your money and help you keep more of it.

SIGN UP NOW FOR USAA FREE CHECKING AT USAA.COM OR CALL 800.862.6909



USAA We know what it means to serve.®

USAA.COM

¹ Potential savings with USAA Checking compared to average fee information on 2007 bankrate.com checking survey.

² USAA does not charge a fee for the first 10 ATM withdrawals and refunds up to \$15 in other banks' ATM fees each month. Currency conversion charges may apply when using ATMs outside the U.S.

³ You must qualify for Deposit@Home; credit approval required. Deposits may not be available for immediate withdrawal based on our funds availability policy.

Free Checking is also known as Four Star Checking. Bank products provided by USAA Federal Savings Bank, Member FDIC.

Use of the term member does not convey any legal, ownership, or eligibility rights.

© 2009 USAA. 91156-0109



FFSC Workshop, Classes Schedule Set

From FFSC

The following classes and activities are offered by the Fleet and Family Support Center (FFSC) and are free of charge. Pre-registration is required and childcare is not available. For more information about the classes or to register call 270-6600, ext. 110. FFSC is located in Building One on Massey Avenue.

Feb. 26, 8-11 a.m., **Stress Management**, FFSC

Feb. 26, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

Feb. 26, 9 a.m.-noon, **New Parent Support Playgroup**, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend.

Feb. 27, 9-11 a.m., **Credit Report**, FFSC

March 2, 1-4 p.m., **New Dad's Class**, USO

This program is designed for new Dads and Moms. The program will address, investigate, and discuss issues facing fathers in today's weird world. The attendees will look at being a father in the military, on care of newborns and toddlers and how to grow with your child and become the Dad you really want to be. The program will increase the participant's knowledge about child development and will also address relationship changes that accompany the birth of a child.

March 2, 1-2:30 p.m., **FERP-10 Steps To A Federal Job**, FFSC

Learn how to do an effective job search to find the "perfect job!" Topics presented are: Career Exploration, Job Search Strategies, Resume Writing, Interviewing Skills, Self-Employment and the Federal Employment System.

March 3, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

March 3-5, 8 a.m.-4:30 p.m., **Ombudsman Basic Training**, Building 460, Room A

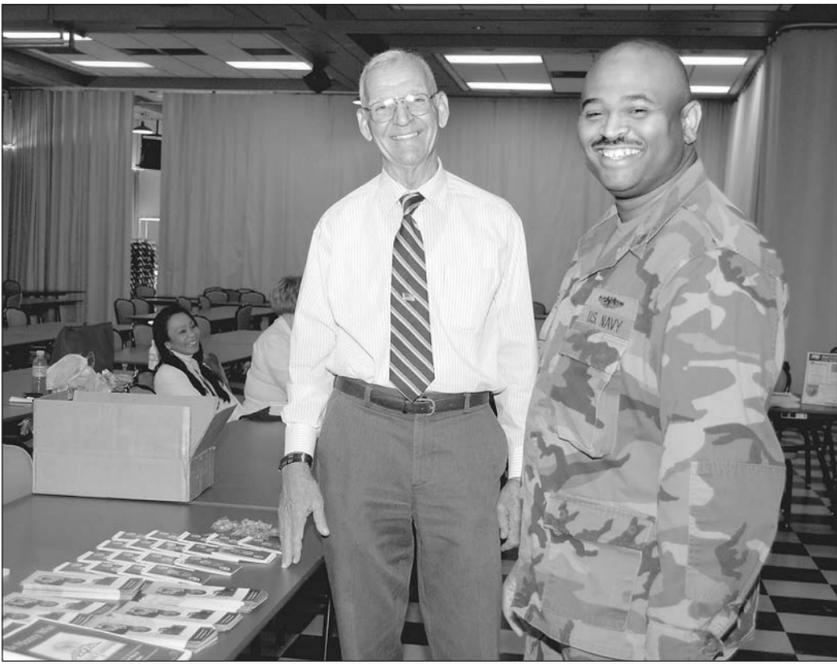
March 3, 9-11 a.m., **Parenting Class (8 Steps)**, FFSC

The program is based on Dinkmeyer & McKay's Systematic Training for Effective Parenting (8 STEPS). The program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families include: understanding yourself and your child, the four goals of misbehavior, beliefs and feelings, encouraging and listening to your child, helping children cooperate, discipline that makes sense, and how to choose your approach. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 8 sessions is required.

March 4, 11 a.m.-2 p.m., **Tottletyme Playgroup**, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and

'Military Saves' At Mayport



-Photo by Paige Gnann

Chief Machinist's Mate (SS) Shawn Lewis of CFSLRN Site Mayport talks with Navy-Marine Corps Relief Society Mayport Director Bill Kennedy during the Military Saves Week Credit Fair on Feb. 23 at Beachside Community Center. Representatives from Navy Federal Credit Union Bank of America, Florida Department of Financial Services and MWR were on hand to talk to attendees at the event.

below are invited to attend.

March 5, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

March 6, 9-11 a.m., **Car Buying Tips**, FFSC

March 9, noon-4 p.m., **Leadership Life Skills for E4 & Below**, Base Chapel

March 9, 8:30-2:30 p.m., **Military Spouse 101**, FFSC

The Fleet and Family Support Center offers this class to military spouses new to the area, and those new to the military way of life. Guest speakers from the military and civilian communities will present useful information to help you have a pleasant tour here at Naval Station Mayport.

March 9-12, **TAP Retiree Workshop**, 8 a.m.-04 p.m., Building 1 Room 104

Designed for Military personnel within 180 -90 days of leaving the military. The seminar focuses on benefits for service members and their family members. Participants receive help in translating their military acquired skills into civilian language and are exposed to the civilian job market and how to successfully compete in the civilian employment arena; learning about resumes, employment interviews and marketing themselves. If you are within a minimum of 180 days of leaving the military see your career counselor for a quota for this highly successful program.

March 10, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

March 10, 9-11 a.m., **Parenting Class (8 Steps)**, FFSC

The program is based on Dinkmeyer & McKay's Systematic Training for Effective Parenting (8 STEPS). The program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families include: understanding yourself and your child, the four goals of misbehavior, beliefs and feelings, encouraging and listening to your child, helping children

cooperate, discipline that makes sense, and how to choose your approach. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 8 sessions is required.

March 11, 11 a.m.-2 p.m., **Tottletyme Playgroup**, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds. This group is designed for moms new to the area or moms who want their child to interact with other children their child's age. All children age four and below are invited to attend.

March 11, 1-4 p.m., **Leadership Life Skills for E7 & Above**, Base Chapel

March 12, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

March 13, 9-11 a.m., **Establishing A Sound Family Budget**, FFSC

March 16-20, 7:30 a.m.-4 p.m., **Command Financial Specialist Training**, Building 460, Room A

March 17, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

March 17, 9-11 a.m., **Parenting Class (8 Steps)**, FFSC

The program is based on Dinkmeyer & McKay's Systematic Training for Effective Parenting (8 STEPS). The program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families include: understanding yourself and your child, the four goals of misbehavior, beliefs and feelings, encouraging and listening to your child, helping children cooperate, discipline that makes sense, and how to choose your approach. Each week a different topic is thoroughly covered via discussion, video vignettes,

and handbook information. Participation in all 8 sessions is required.

March 18, 11 a.m.-2 p.m., **Tottletyme Playgroup**, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds.

March 19, 8-11 a.m., **Anger Management**, FFSC

What does anger do for you? Communicate for you? Keep people at a safe distance from you? Keep you in charge? For many people, anger serves them many uses, but all too often, it is at a high cost...usually of relationships, unhappiness in the workplace, and a general feeling of disdain. If you want

to be able to break out of the "get angry/get even" syndrome, come to this class. Participants learn how anger and judgment are related, about irrational beliefs and faulty self-talk, what "E + R = O" means, and the roles of stress and forgiveness in anger.

March 19, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

March 23-26, **TAP Separatee Workshop**, 8 a.m.-04 p.m., Building 1 Room 104

Designed for Military personnel within 180 -90 days of leaving the military. The seminar focuses on benefits for service members and their family members. Participants receive help in translating their military acquired skills into civilian language and are exposed to the civilian job market and how to successfully compete in the civilian employment arena; learning about resumes, employment interviews and marketing themselves. If you are within a minimum of 180 days of leaving the military see your career counselor for a quota for this highly successful program.

March 24, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

March 24, 9-11 a.m., **Parenting Class (8 Steps)**, FFSC

The program is based on Dinkmeyer & McKay's Systematic Training for Effective Parenting (8 STEPS). The program is designed to assist you and your family put into practice the skills learned in the class. Specific parenting skills that are discussed as well as the challenges that are faced by all families include:

understanding yourself and your child, the four goals of misbehavior, beliefs and feelings, encouraging and listening to your child, helping children cooperate, discipline that makes sense, and how to choose your approach. Each week a different topic is thoroughly covered via discussion, video vignettes, and handbook information. Participation in all 8 sessions is required.

March 25, 6-7 p.m., **IA Family Discussion Group**, USO

March 25, 11 a.m.-2 p.m., **Tottletyme Playgroup**, USO

Parents and children together meet to share parenting concerns, ideas, and fun! The group invites professionals to address specific areas of concern such as nutrition, toilet training, etc. We even take field trips several times a year to local parks, museums and playgrounds.

March 26, 8- 11 a.m., **Stress Management**, FFSC

Stress is a normal part of everyone's life. It can be energizing and a factor in motivating us. But too much stress, without relief, can have debilitating effects. This program is designed to provide participants with an understanding of what stress is and how it affects them. It will also help participants begin to look at their own lives and ways they currently cope with stress. Participants will be challenged to develop behavior and lifestyle changes that will improve their ability to cope with stress.

March 26, 9-11 a.m., **Resume Walk-in Review Assistance**, FFSC

March 27, 9-11 a.m., **Credit Report**, FFSC

Attention Military Families!
- Autism diagnosis?

If you have a family member living with a diagnosis of Autism and need help, Agency for Behavioral Service, Inc. provides ABA therapy and training. **We specialize in Autism Spectrum Disorders** and have been providing ABA therapy for 11 years. We are able to assist Military families through the **Autism Demonstration Program** and **ECHO Program** funded by Tricare. If you need assistance, please contact us.

352-621-0502
www.agencyforbehavioralservices.com

NOW OPEN

Golden Ox Liquors

1401 ATLANTIC BOULEVARD
NEPTUNE BEACH, FL 32266
www.goldenoxliquor.com
(904) 249-1876

Located in front of the **Days Inn**
OPEN 7 DAYS, 10 AM till LATE

WE TAKE SPECIAL ORDERS FOR LIQUOR, BEER, WINE and KEGS.

Crown Royal Canadian 1.75L \$39.99	Grey Goose Vodka 750ml \$24.99	Bacardi Light Rum 1.75L \$18.99	Cavit Pinot Grigio 1.5L \$9.99

Tanqueray Gin 1.75L \$28.99	Patron Silver Tequila 750ml \$37.99	Courvoisier VS Cognac 750ml \$25.99	Freixenet Cordon Negro Brut 750ml \$6.99

Jim Beam Bourbon 1.75L \$20.99	Ketel One Vodka 1.75L \$31.99	Captain Morgan Spiced Rum 1.75L \$19.99	Smirnoff Vodka 1.75L \$17.99

WINE SPECIALS

Blackstone Ravens Wood Fish Eye Smoking Loon Robert Mondavi Private Collection
Cabernet Sauvignon, Merlot, Chardonnay, Pinot Grigio or Pinot Noir
Any 750ml Bottle for **\$5.99ea**
While supplies last, with coupon. Limit 5 bottles. Expires 03/15/09

CIGARETTE SPECIALS

Marlboro Camel Winston Newport

3 packs for **\$7.99**
While supplies last, with coupon. Limit 5 packs. Expires 03/15/09

WINE SPECIALS

Gnarly Head
Cabernet Merlot Chardonnay Old Vine Zin 750ml

Buy One Get One Free for \$12.99
While supplies last, with coupon. Limit 8 bottles. Expires 03/15/09

BEER SPECIALS

Bud, Bud Light, Miller Lite Coors Light 12oz - 12 pk cans or bottles \$7.99 12oz - 18 pk cans or bottles \$11.99 <small>While supplies last, with coupon. Limit 5 packs. Expires 03/15/09</small>	12 pack bottles Red Stripe Heineken Corona \$9.99 \$10.99 \$11.99 <small>While supplies last, with coupon. Limit 5 packs. Expires 03/15/09</small>
---	--

BUY YOUR LOTTERY TICKETS HERE

Florida Lottery

FOR RENT

Military Special

February

2 BDRM

2 BATH

Units

\$830/month

Includes Washer / Dryer Rental

904-241-3855

2760 Mayport Road in Atlantic Beach, approximately one-half mile north of Mayport Naval Air Station

Office Open Daily 10:00am to 6:00pm

Dog Houses, Shadow Boxes
Made to order

Manuel Bello Woodworking

645-7767

www.goatlocker.org/bellovincent

THE MIRROR, NS MAYPORT, FLORIDA

Mirror Classified

PLACE YOUR MILITARY CLASSIFIED AD CLASSIFIED INDEX

BY PHONE 366-6300
Mon.-Thurs. 7:30a.m.-6:00p.m.
Fri. 7:30a.m.-5:30p.m.

Toll Free 800-258-4637
BY FAX 904-359-4180
IN PERSON

Many people prefer to place classifieds in person and some classified categories require prepayment. For your convenience, we welcome you to place your classified ad at The Florida Times-Union from 7:30 a.m. - 5:00 p.m., Monday-Friday at One Riverside Avenue (at the foot of the Acosta Bridge).

Deadlines
Run date Call by Fax by
Thursday Tue, Noon Tue, 11 a.m.

Please note: **Fax deadlines are one hour earlier.** Holiday and Legal deadlines vary and will be supplied upon request. Cancellation and correction deadlines are the same as placement deadlines.

CANCELLATIONS, CHANGES & BILLING

Ad Errors - Please read your ad on the first day of publication. We accept responsibility for only the first incorrect insertion and only the charge for the ad space in error. Please call 366-6300 immediately for prompt correction and billing adjustments.

Ad Cancellation - Normal advertising deadlines apply for cancellation. When cancelling your ad, a cancellation number will be issued. Retain this number for verification. Call 366-6300.

Billing Inquiries - Call the Billing Customer Service Department at 359-4324. To answer questions about payments or credit limits, call the Credit Department at 359-4214.

GENERAL INFORMATION

Advertising copy is subject to approval by the Publisher who reserves the right to edit, reject or classify all advertisements under appropriate headings. Copy should be checked for errors by the advertiser on the first day of publication. Credit for Publisher errors will be allowed for the first insertion for that portion of the advertisement which was incorrect. Further, the Publisher shall not be liable for any omission of advertisements ordered to be published, nor for any general, special or consequential damages. Advertising language must comply with Federal, State or local laws regarding the prohibition of discrimination in employment, housing and public accommodations. Standard abbreviations are acceptable; however, the first word of each ad may not be abbreviated.

The anchor indicates the ad is a FREE Fleet Market Ad placed by military personnel.

Announcements	Instruction
Auctions	Employment
Real Estate for Sale	Services
Real Estate for Rent	Merchandise
Commercial Real Estate	Pets/Animals
Financial	Transportation

904-366-6300

ONLINE

Classified line ads are online at jaxairnews.com

FREE online advertising!

Your Classified in-column ad automatically appears online at **no additional charge.**

Announcements

Happy Ads
Lost and Found
Clubs and Organizations
Rides/Travel
Notices
Personals
Dating and Entertainment

Notices
A Bankruptcy/150 Divorce \$75 - \$125
424-6066 Eric
18 years EXPERIENCE.

NEED A LAWYER?
Accident? Arrest? Divorce?
AAA Attorney Referral SVC
1-800-733-5342, 24 HRS.

Real Estate For Sale

Open Houses
Argyle
Arlington
Avondale/Ortega
Beaches
Downtown
Fernandina/Amelia Island
Intracoastal West
Keystone Heights/Melrose
Mandarin
Middleburg
North Jacksonville
Orange Park/Clay County
Riverside
San Marco
Southside
Springfield
Westside
Waterfront
Condominiums
Manufactured Homes
Lots
Farm Acreage
Investment Property
Retirement Community
Baker County
Georgia Real Estate
Nassau County
Putnam County
St. Johns Open Houses
St. Johns Homes
St. Johns Waterfront
St. Johns Oceanfront
St. Johns Intracoastal
St. Johns Marshfront
St. Johns Condos
St. Johns Duplex/
Townhouses
St. Johns Manufactured
Homes
St. Johns Lots/Acreage
St. Johns Active Adult
Com.
St. Johns Investment
Income Property
Miscellaneous
Out of Area/Town/State
Real Estate Wanted

Arlington

Transferred to Virginia, must sell house, Military Discount, see online at buyowner.com ID# JAX9435 or call Anna 904-343-7702.

Beaches

MAKE OFFER JARDIN DE MER Walk or Bike to Shops, Restaurants or Beach New 2 & 3 Bdrm Condos Beach Blvd. & 15th St. FPLC, all apps, garage Open IP.M. - 5P.M. OR CALL FOR APPT. 904-241-2270 or 246-9268

Mandarin

LIKE NEW 2 1/2 S. Townhome in Bartram Park, 1400sf, LR, DR, Loft, screened porch, W/D+ appliances stay, plank wood floors, tile and many more upgrades. \$129,900. ML#463449 Call (904)619-5888 for more info.

North Jacksonville

MARSH VIEW 3/2 large lot, near Heckscher & 9A, No H.O. fees \$135K. Betz Realty 904-241-6878

For Rent

2 BDRM
2 BATH
Units
 904-241-3855
2760 Mayport Road in Atlantica Beach, approximately one-half mile north of Mayport Naval Air Station
Office Open Daily 10:00am to 6:00pm

Buying a Home? Contact your VA Home Loan Expert-Laurie M. Potter YNCM (USN Ret)

Buying, Selling or refinancing? Contact Laurie for any of your financing needs, including VA, FHA, home equity or conventional loans.

(904) 256-2051 Cell (904) 463-2065 Email: laurie_potter@countrywide.com Website: www.countrywide.com local.com/lauriepotter
4601 Touchton Rd E #3190 Jacksonville, FL 32246

Waterfront

ARLINGTON Riverfront Condo Boat Dock 3 BR/ 2 bath Like new Clubhouse & Pool Security Immediate Occupancy
Owner Financing \$199,500. (863) 206-6200 liron5866@compuserve.com

Manufactured Homes

\$0 DOWN!
If you have land or own family land, your land is your CREDIT!!!
LUV HOMES 904-772-8031

Westside

Pay sales tax of \$500, and assume pmts. No credit needed call 695-2255

Westside

Mobile Homes for Sale 5% down - owner finance call 695-2255

Lots for Sale

BAKER COUNTY 1-3 ac High & dry! Fish pond, homes or MH's Owner finance call 904-259-8256 www.florealty.com

Farms/Acreage

Hunters Special 325 ac., Scriven Co. Ga. near Sav. River, turkey, deer, duck \$1390 per ac firm owner fin. avail 912-687-1423, 829-3163

Nassau County

HILLIARD 4.1 ac. w/ beautiful 2500 sqft brick home. 3 BR, 2 full BA, 2 car gar, separate guest house! \$345,000. Call for appt 904-845-2813

Commercial Real Estate

Commercial/Industrial For Sale
Commercial/Industrial For Rent
Businesses For Sale
Office Space For Sale
Office Space For Rent
Retail For Sale
Retail For Rent
St. Johns Commercial/Industrial For Sale
St. Johns Commercial/Industrial For Rent
St. Johns Businesses For Sale
St. Johns Office Space For Sale
St. Johns Office Space For Rent
St. Johns Retail For Sale
St. Johns Retail For Rent

Apartment Unfurnished

Bikinis! Beaches! Bars!
We're close to all the fun and very affordable!
*2 month free

Ocean Oaks

ARLINGTON - Adobe Apts., Studio \$400, 1/1 \$450 2/1 \$625, 904-745-0450 1110 Caliente Dr.

ARLINGTON 1br, kit equip

carpet, A/C & heat, near bus line. \$495/mo SPECIAL!! 904-993-1529

Atlantic Beach \$50 Move In

1br \$639, 2br+4 specials to choose from including \$300 Giftcard 904-241-5737

Apartment Unfurnished

RIVERSIDE - Luxury 2 bdrm, 1.5 ba, cent heat & air, W/D hook up, frpl. \$850/mo. 904-731-8777

San Marco

Free Rent 1BR nr Baptist 904-318-8377 or 724-7986.

Condos for Rent

Mandarin Cottages of Greenland - Condo for rent 3/2, 5, close to I-295 & 1-95. 9A \$1050.00 month. Call 476-7594.

PONTE VEDRA BEACH

1 BR, 5 star amenities in Summerhouse. New file frs. \$850/mo. 904-610-5558

Houses Unfurnished

LONG TERM RENTALS
YULE/FERNANDINA BEACH AREA
• Amelia Lakes Condo, gated, pool, fitness center, 2/2, W/D, screened patio, \$875
• Lofton Pl., 3/2, on lake, 1700 sq. ft., W/D, \$1075
• Amelia National, home, Sunflower Ct., 4/3, 2650 sq. ft., lawn care incl. \$1,650

FERNANDINA BEACH

• So. Fletcher / Jefferson, 2830 B downstair duplex, 2/1, W/D, 850 sq. ft., across from beach \$875
• 1397 Plantation Pt. home, 3/2, lg. screened patio, 2100 sq. ft. \$1250

HILLIARD HOMES

• Cedar Haven, Pond Drive, nice 3/2, 1700sq. ft., \$1200

ARGYLE FOREST

• 8658 Stannmoor Ct, 4/2, 5, 2538 sq. ft., lakefront \$1275

Call Patricia Turner

904-556-9586
www.farmhousefinds.com

ARLINGTON - 3/1 + bonus rm

newly remod, w/d hkup, new crpt, all apps. \$1050/mo + dep. 233-8957

ARLINGTON for sale

lease/purchase or rent. 7469 International Village Dr. 32277 upgraded finishes 3/2 \$1200.00/mo. Must see! Amy 904-955-0700.

ATLANTIC BEACH

851 Main St 2/1.5 TH \$800 970 Orchid St 2/2, \$850 165 Pine St 2/1.5 TH \$1025 All incl & incl. lawn svcs Deposit = 1/2 rent Broker/Owner 612-4296

ATLANTIC BEACH - 4BR/2BA, enclosed patio,

\$1100/month, 1 year lease. 904-710-6896

Beaches, 3 bed, 2 bths,

townhome, screened porch 2 car driveway, fenced backyard \$845.00/mo \$845.00 dep contact J. D. 904-254-2659.

Houses Unfurnished

Beaches 2214 sq. ft. 4 bed 2 bath, \$1250 cul-de-sac. Big safe, 10 minutes from Mayport, Gro-gans Park, \$625.00 904-236-1796, available March.

EAST ARLINGTON - 3/2/2,

130x200 wooded lot, 1800 sq ft. 13018 Mt. Pleasant Rd. \$1350/mo + dep. 904-234-4280

Fernandina- Marsh Lakes

3/2.5, 1891st, 4572 Village Dr. T.H. pool & tennis \$1350/mo Call Don Brown Realty 225-5510 or 571-7177

Manufactured Homes

Mayport Rd., 2 BR on private property, not in park, very secure, no pets, very private. 246-4461.

Mayport Rd., 2 BR on private property,

not in park, very clean, nice, all electric, no pets 246-4461.

WESTSIDE

We rent 2 & 3 bedroom mobile homes call 695-2255 MVI Special

Roommates

KERNAN & BEACH BLVD furnished room, elec. incld \$450/mo. Call 904-568-2157

Rooms for Rent

SAN PABLO Will Furnish \$450m Includes bedroom, private bath, 1/2 of 2 car garage, utilities Male preferred. Call 904-223-1843, 571-5215

Finance/Investment

TITLE AGENT NEEDED Minimum 5 years experience, Call 910-0585 OR 434-2677

20 out of a 100

The military community makes up 20 percent of the total population for Northeast Florida and Southeast Georgia. That means that 20 out of every 100 people you meet are somehow connected with the military.

For advertising information,

call 904-359-4336, Fax 904-366-6230.

JaxAirNews Mirror Periscope

NOW is the time...

DON'T WAIT ANY LONGER for things to change!
"I would like to thank (Roadmaster) so much for helping me... I will have a new life because of you. I was going to give up, but you would not let me do that."
- Glendole J., Roadmaster Graduate

CDL TRAINING IN JUST WEEKS!

866-467-9826
WWW.ROADMASTER.COM
1409 PICKETTVILLE ROAD

Education & Training

Private Instruction Schools
Specialty Training/Events

Schools

Advance Your Career • Business • Computers • Health Care • Legal • 1-888-205-3471
KEISER UNIVERSITY

CLINICAL MESSAGE THERAPY TRAINING

Keiser Career Institute Call 1-866-314-3477

DENTAL ASSISTING

Hot New Program! Start Training with Everest University CALL TODAY!!! 888-291-1351 or apply online at www.SeeEverline.com

ELECTRICIAN AND HVAC CAREERS!

Start Training with Everest University CALL TODAY!!! 888-886-5904 or apply online at www.SeeEverline.com

MEDICAL CAREERS BEGIN WITH US!

Start Training with Everest University CALL TODAY!!! 888-461-3609 or apply online at www.SeeEverline.com

Want To Be A Pharmacy Tech?

Workshop/books/national cert. exam for only \$800 Next class 3/14/09, Call Express toll free 904-432-8048 or express@training-services.com/pharmacy

General Employment

Post Office Hiring Nationwide! Avg. pay \$20/hr, \$57K/yr. Incl. Fed ben, OT. Optional fee-based test prep materials, not affiliated with the US Postal Service. 1-866-748-8707

Child Care

Dolores Home Daycare Infant to 5 years CDA Lic #F04DU0457. Meals included near NS Mayport. Please call 536-6030.

Merchandise

AC, Heating, Fuel Appliances
Arts & Crafts
Auctions
Building Supplies
Business/Office Equipment
Clothes
Collectibles
Computer
Craft/Thrift Stores
Electronics
Estate Sales
Farm/Planting
Fruits/Vegetables
Furniture/Household
Garage Sales
Garden/Lawn
Hot Tubs/Spas
Jewelry/Watches
Kids' Stuff
Machinery & Tools
Medical
Miscellaneous Merchandise
Musical Merchandise
Photography
Portable Buildings
Public Sales
Sporting Goods
Tickets
Trailers
Wanted to Buy or Trade

Antiques

War souvenirs wanted, cash paid private collector seeking WW1, U.S., German, Japanese daggers, helmets, swords, medals, uniforms 904-316-8513.

Appliances

Garmin GPS deluxe \$ 550.00, hyperstretch wet suit 3/16 XXXL \$75.00, hyperstretch wet skin XXXL 450.00 904-338-7486.

Furniture/Household

BED A Bargain Queen Pillow Top Brand New 904-674-0405

BED King Size Set

New in plastic, Must sell 674-0405

MATRESS A Queen Set.

Brand New in plastic \$150 904-674-0405

MATRESS FULL Size

NEW Must Sell Call Carter 674-0405 \$140

Garage Sale

BARGAIN HUNTERS GALORE
This Sat & Sun Have Your Garage Sale at The Market Place! 7059 Ramona, 786-FLEA

Thank you!

Besides protecting our country, military personnel stationed in our communities donated 650,620 hours of volunteer service in Northeast Florida and Southeast Georgia last year. Their time was given to community organizations, church groups, youth activities, scouting and more.

Jewelry/Watches

Beautiful Engagement Ring, 1 ct. marquise center, stone plus .21 cts., additional diamonds, appraised \$7,500, sell \$3,400. Phone 220-9276.

Tickets

ELTON JOHN/BILLY JOEL TICKETS Premier seating, face value. Last chance! 904-249-8269

Pets & Animals

Adopt a Pet
Pets & Supplies
Livestock & Supplies
Animals Wanted

Pets and Supplies

BULLDOGS AKC- 24 wks old, vet owned, M & F, 4 avail \$1500. 904-304-6090

Chihuahua Pups

full blooded, no papers, cute & playful. \$125ea 375-2452

MILITARY DISCOUNTS

CAROLINA DIRECT FURNITURE

Just in time for income tax 90 day same as cash no credit check financing!

Don't cheat yourself, treat yourself!

7117 ATLANTIC BLVD. JACKSONVILLE, FL (904) 738-7149

Transportation

Aviation
Boats
Sailboats
Boat Dockage & Rentals
Marine Equipment & Supplies
RV Rentals
RV's & Suppliers
Motorcycles & Mini Bikes
Auto Brokers
Auto Parts
Antiques/Classics
Automobiles
Trucks/Trailers/SUVs
Vans/Buses
\$2000 or Less
Commercial Vehicles
Misc. Auto
Autos/Trucks Wanted
Auto Rent/Lease

Boats

Consignment Boat Sales Jaxboat.com 904-249-6225

Automobiles

AUDI A6 '06 Ex Low Miles 1-Owner \$23,800 998-0012 LEXUS OF JACKSONVILLE

AUDI A8 '06

Fully Equipped \$36,990 998-0012 LEXUS OF JACKSONVILLE

BMW 328i '08

Fully Equipped \$33,690 998-0012 LEXUS OF JACKSONVILLE

BMW Z3 3.0 '01

29K Miles \$17,960 998-0012 LEXUS OF JACKSONVILLE

**CAPITOL
AUTO SALES INC.**

**We Appreciate
Your Service!!**

\$500 off

**Vehicle price
or down payment**

*may not be combined with any other offers
*limit one coupon per customer

2003 Ford F-150

Gray
Many Upgrades **\$21,900**

2005 Buick Lacrosse

Silver **\$10,500**

2008 Honda Accord EX

Gray **\$19,995**

**2003 Chevrolet Silverado
1500 Short bed 2WD**

Blue **\$8,995**

2007 Dodge Magnum SXT

Silver **\$15,995**

2007 BMW 750Li

Black **\$43,995**

2002 BMW Xi

White
Sports Package **\$14,995**

2006 Pontiac Grand Prix

Blue **\$9,995**

2007 BMW 530

Blue **\$22,995**

2004 Mitsubishi Eclipse GT

White **\$9,995**

2006 Maserati

Black **\$54,999**

2006 Chrysler 300 Touring

Silver **\$13,995**

0% Down for All Military

www.capitolautoexpress.com • 1800 Mayport Road, Atlantic Beach, FL 32233
(904) 241-5959 • Hours: Monday-Saturday 9am-7pm

*Credit extent is subject to credit verification.

AUTOMOTIVE DIRECTORY

To list your dealership,
please call
904-359-4321

Before you buy, shop these local dealerships first!

ACURA
ACURA OF ORANGE PARK
7200 Blanding Blvd.
777-5600

AUDI
AUDI JACKSONVILLE
4660-100 Southside Blvd.
565-4000

BMW
**TOM BUSH BMW
JACKSONVILLE**
9850 Atlantic Blvd.
725-0911
**TOM BUSH BMW
ORANGE PARK**
6914 Blanding Blvd
777-2500

BUICK
GARBER BUICK
Green Cove Springs
264-4502
www.garberautotmall.com
KEY BUICK
4660 Southside Blvd. 642-6060

CADILLAC
CLAUDE NOLAN CADILLAC
4700 Southside Blvd. 642-5111
NIMNIGHT CADILLAC
7999 Blanding Blvd. 778-7700

CHEVROLET
NIMNIGHT CHEVY
1550 Cassat Ave.
425-6312
www.nimnichtchevy.com

GARBER CHEVY
Green Cove Springs 264-4502
www.garberautotmall.com
GORDON CHEV
1166 Blanding Blvd. 272-2200

JACK WILSON CHEVROLET
2255 US1 South 797-4567

JERRY HAMM CHEV
3494 Philips Hwy. 398-3036

CHRYSLER
ATLANTIC CHRYSLER
2330 US1 South 354-4421

CARUSO CHRYSLER JEEP DODGE
10979 Atlantic Blvd. 904-642-0000
www.carusocjd.com

GARBER CHRYSLER
Green Cove Springs 264-2416
www.garberautotmall.com

**JACKSONVILLE CHRYSLER
JEEP DODGE**
9A & BAYMEADOWS. 493-0000

MIKE SHAD CHRYSLER JEEP
1736 Cassat Ave. 389-7792

RICK KEFFER
I-95 Exit 129, Fern Bch.
1-800-228-7454

DODGE
ATLANTIC DODGE
2330 US1 South 354-4421

CARUSO CHRYSLER JEEP DODGE
10979 Atlantic Blvd. 904-642-0000
www.carusocjd.com

**JACKSONVILLE CHRYSLER
JEEP DODGE**
9A & BAYMEADOWS. 493-0000

GARBER DODGE TRUCK
Green Cove Springs 264-2416
www.garberautotmall.com

ORANGE PARK DODGE
7233 Blanding Blvd. 777-5500

RICK KEFFER
I-95 Exit 129, Fern Bch.
1-800-228-7454

WESTSIDE DODGE
1672 Cassat Ave. 384-6561

FORD
**BOZARD FORD
LINCOLN MERCURY**
St. Augustine 824-1641
Florida's Super Duty
Headquarters

PAUL CLARK FORD-MERCURY
I-95 N. Exit 129 (Yulee)
225-3673

GARBER FORD-MERCURY
Green Cove Springs 264-4502
www.garberautotmall.com

MIKE SHAD FORD
At The Avenues
10720 Philips Hwy.
904-292-3325

**MIKE DAVIDSON FORD
AT REGENCY**
9650 Atlantic Blvd. 725-3060

**MIKE SHAD FORD
OF ORANGE PARK**
7700 Blanding Blvd. 777-3673

GMC TRUCKS
NIMNIGHT PONTIAC-GMC
11503 Philips Hwy 854-4826

GARBER GMC TRUCKS
Green Cove Springs
264-4502
www.garberautotmall.com

**JACKSONVILLE CHRYSLER
JEEP DODGE**
9A & BAYMEADOWS. 493-0000

**MIKE SHAD CHRYS-JEEP
ON CASSAT**
1736 Cassat Ave. 389-7792

RICK KEFFER
I-95 Exit 129, Fern Bch.
1-800-228-7454

**LOU SOBH HONDA
OF THE AVENUES**
11333 Philips Hwy. 370-1300

HYUNDAI
HYUNDAI OF ORANGE PARK
7600 Blanding Blvd. 899-0900

KEY HYUNDAI
4660 Southside Blvd. 642-6060

INFINITI
ATLANTIC INFINITI
10980 Atlantic Blvd. 642-0200

ISUZU
CITY ISUZU
10585 Atlantic Blvd.
998-7111
www.cityautomotive.com

JEEP
ATLANTIC JEEP
2330 US 1 South 354-4421

CARUSO CHRYSLER JEEP DODGE
10979 Atlantic Blvd. 904-642-0000
www.carusocjd.com

GARBER JEEP
Green Cove Springs
264-2416
www.garberautotmall.com

**JACKSONVILLE CHRYSLER
JEEP DODGE**
9A & BAYMEADOWS. 493-0000

**MIKE SHAD CHRY-JEEP
ON CASSAT**
1736 Cassat Ave. 389-7792

RICK KEFFER
I-95 Exit 129, Fern Bch.
1-800-228-7454

LEXUS
LEXUS OF JACKSONVILLE
10259 Atlantic Blvd. 721-5000

LEXUS OF ORANGE PARK
7040 Blanding Blvd. 777-5100
www.lexusoforangepark.com

LINCOLN MERCURY
**NORTH FLORIDA
LINCOLN MERCURY**
4620 Southside Blvd. 642-4100

**MIKE SHAD FORD
LINCOLN MERCURY**
7700 Blanding Blvd. 777-3673

LOTUS
LOTUS OF JACKSONVILLE
www.lotusofjacksonville.com
11650 BEACH BLVD. 998-9992

MAZDA
TOM BUSH MAZDA
9850 Atlantic Blvd. 725-0911

MAZDA CITY
6916 Blanding Blvd. 779-0600

MERCEDES BENZ
BRUMOS MOTOR CARS INC.
10231 Atlantic Blvd. 724-1080

**MERCEDES BENZ
OF ORANGE PARK**
7018 Blanding Blvd.
777-5900

MINI
TOM BUSH MINI
9875 Atlantic Blvd. 725-0911

MITSUBISHI
CITY MITSUBISHI
10585 Atlantic Blvd.
565-2489
www.cityautomotive.com

NISSAN
MIKE SHAD NISSAN OF JAX
1810 Cassat Ave.
389-3621

PARKER NISSAN
2755 U.S. 1 South, St Aug.
904-794-9990

MIKE SHAD NISSAN OF OP
1565 Wells Rd. 269-9400

COGGIN NISSAN-ATLANTIC
10600 Atlantic Blvd.
888-519-0618

COGGIN NISSAN-AVENUES
10859 Philips Hwy.
888-542-4858

PONTIAC
GARBER PONTIAC
Green Cove Springs
264-4502
www.garberautotmall.com

**JACK WILSON PONTIAC
BUICK GMC**
2250 US1 South
797-4577

NIMNIGHT PONTIAC - GMC
11503 Philips Hwy.
854-4826

PORSCHE
BRUMOS MOTOR CARS INC.
10100 Atlantic Blvd. 725-9155

SAAB
NIMNIGHT SAAB
7999 Blanding Blvd, Jax
904-778-7700
www.nimnicht.com

SATURN
SATURN OF AVENUES
10863 Philips Hwy. 262-7145

SATURN OF ORANGE PARK
8105 Blanding Blvd.
779-0071

SATURN OF REGENCY
8600 Atlantic Blvd. 725-8200
8600 Atlantic Blvd.
725-8200

SUBARU
SUBARU OF JACKSONVILLE
10800 Atlantic Blvd. 641-6455

SUZUKI
CITY SUZUKI
10585 Atlantic Blvd.
998-7111
www.cityautomotive.com

TOYOTA
KEITH PIERSON TOYOTA
6501 Youngerman Circle.
771-9100

ERNIE PALMER TOYOTA
1310 Cassat Ave. 389-4561

VOLKSWAGEN
VW OF ORANGE PARK
1481 Wells Road 269-2603

TOM BUSH VW
9850 Atlantic Blvd. 725-0911

O'STEEN VOLKSWAGEN
11401 Philips Hwy. 322-5100

VOLVO
O'STEEN VOLVO
2525 Philips Hwy. 396-5486

LEASING
**PROFESSIONAL
AUTO LEASING**
10231 Atlantic Blvd. 722-1694

**PRE-OWNED
VEHICLES**

BEACH BLVD. AUTOMOTIVE
www.beachblvdautomotive.com
6833 Beach Blvd.
724-3511

**BRUMOS MOTOR CARS
PRE-OWNED AUTO CENTER**
10211 Atlantic Blvd.
724-1080

**LEXUS OF JACKSONVILLE
PRE-OWNED CENTER**
10384 Atlantic Blvd.
998-0012

TOM BUSH BMW
9910 Atlantic Blvd.
371-4381

**TOM BUSH MINI
USED CAR
SUPER CENTER**
9875 Atlantic Blvd.
371-4877

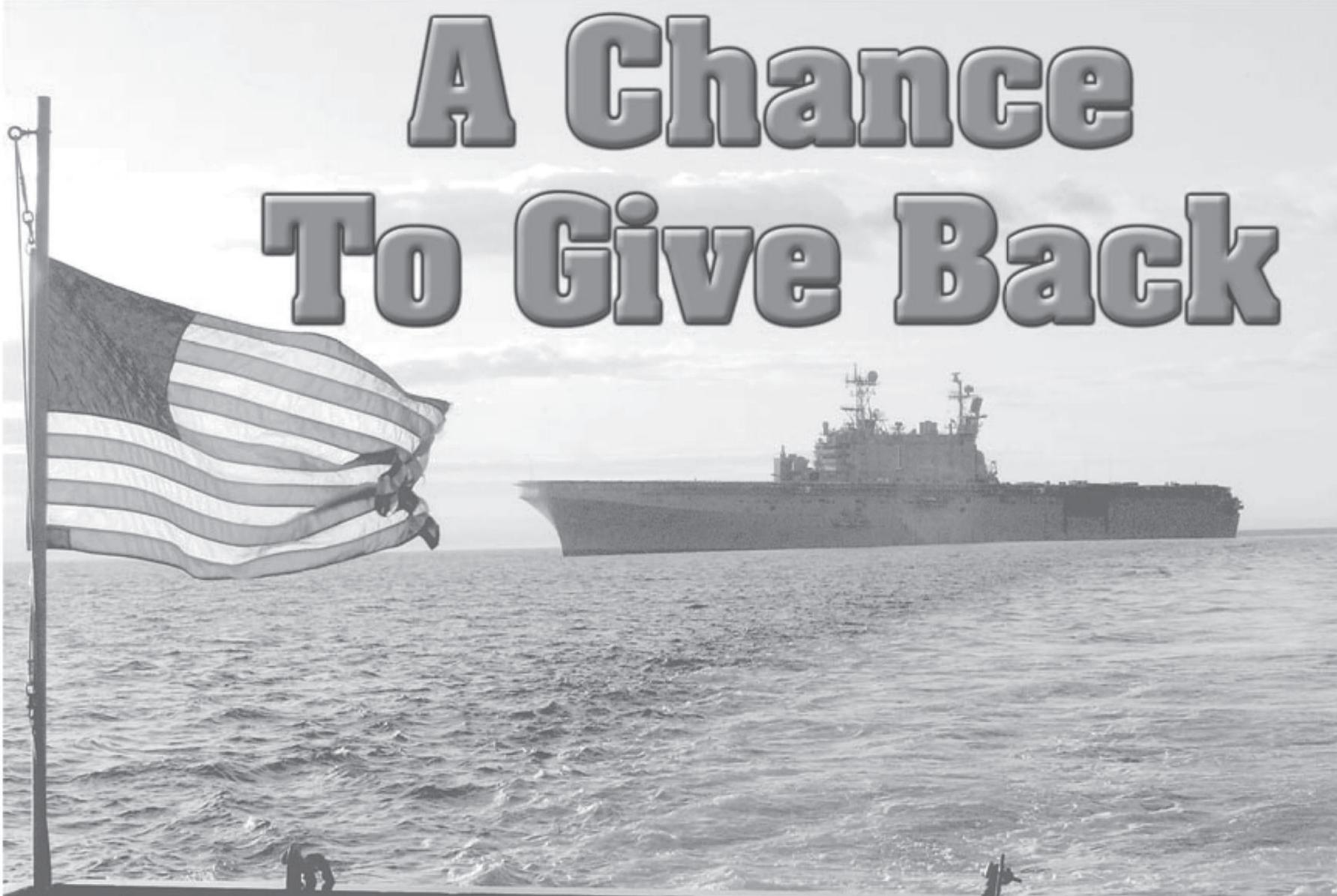
**WORLD IMPORTS CERTIFIED
PRE-OWNED AUTO CENTER**
www.worldimportsusa.com
11650 BEACH BLVD.
998-9992

**O'STEEN VW CERTIFIED
PRE-OWNED CENTER**
11401 Philips Hwy.
322-5100

TO
LIST
YOUR
DEALERSHIP
PLEASE
CALL
904-359-4321

Before you buy, shop these local dealerships first!

A Chance To Give Back



The Military is the largest employer in Northeast Florida and Southeast Georgia!

- **Regional Payroll (all 3 bases)**
\$2.04 Billion per year
- **Retiree Payroll**
\$810 Million per year

- **Goods & Services (all 3 bases)**
\$709 Million per year
- **Tuition Assistance Authorized**
\$5,137,440



Call Now To Advertise With Us!
904-359-4336